PROGRAM 10

Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls	Under 10 Boys	Under 10 Girls	Under 11 Boys	Under 11 Girls	Under 12 Boys	Under 12 Girls	Open Boys	Open Girls
Warm UP															
				100m	100m	Discus (DS1)	Discus (DS2)	Long Jump (TJ1)	Long Jump (LJ2)	1500m	1500m			High Jump (HJ1)	High Jump (HJ2)
		100m	100m									1500m	1500m		
100m	100m			Scissor Jump (SJ1)	Scissor Jump (SJ2)					Triple Jump (TJ1)	Javelin (JV1)				
		Discus (DS1a)	Discus (DS2a)									Shot Put (SP1)	Shot Put (SP2)		
Long Jump (LJ3)	Long Jump (TJ4)					100m	100m	100m	100m					1500m	1500m
						200m	200m								
				200m	200m			200m	200m	100m	100m			100m	100m
		200m	200m									100m	100m		
200m	200m														
				Shot Put (SP1)	Shot Put (SP2)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	TurboJav (TJ1)	TurboJav (VT1)	Javelin (JV1)	Triple Jump (TJ1)			Discus (DS1)	Discus (DS2)
Vortex (TJ1)	Vortex (VT1)	Long Jump (LJ3)	Long Jump (TJ4)									Long Jump (LJ2)	Long Jump (LJ3)		
						70m	70m	70m	70m					70m	70m
				70m Back	70m Back					70m	70m				
		70m Back	70m Back									70m	70m		
70m Back	70m Back														
Wrap UP															