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 Front	100m Front	Discus (DS1)	Discus (DS2)	Long Jump (JP3)	Long Jump (JP4)	1500m	1500m	Shot Put (SP1)	Shot Put (SP2)	High Jump (HJ1)	High Jump (HJ2)
		100m Front	100m Front												
100m Front	100m Front			Scissor Jump (SJ1)	Scissor Jump (SJ2)					Triple Jump (JP4)	Javelin (JV1)				
		Vortex (TJ1)	Vortex (VT1)												
Long Jump (JP1)	Long Jump (JP2)					100m Front	100m Front	100m Front	100m Front			1500m	1500m	1500m	1500m
						200m Back Finish	200m Back Finish	200m Front Finish	200m Front Finish	200m Front Finish	200m Front Finish	200m Front Finish	200m Front Finish	200m Front Finish	200m Front Finish
		200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish										
200m Back Finish	200m Back Finish					Scissor Jump (SJ1)	Scissor Jump (SJ2)	TurboJav (TJ1)	TurboJav (VT1)	Javelin (JV1)	Triple Jump (JP4)	Long Jump (JP3)	Long Jump (JP4)	Discus (DS1)	Discus (DS2)
Discus (DS1a)	Discus (DS2a)	Long Jump (JP1)	Long Jump (JP2)	Shot Put (SP1)	Shot Put (SP2)										
						70m Front	70m Front	70m Front	70m Front					70m Front	70m Front
		70m Back	70m Back	70m Back	70m Back					70m Front	70m Front	70m Front	70m Front		
70m Back	70m Back														
Wrap UP															