

PROGRAM 5

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																	
Long Jump (LJ2)	Long Jump (LJ3)	Discus (DS1a)	Discus (DS2a)	400m Curved	400m Curved					High Jump (HJ1)	High Jump (HJ2)			100m	100m		
						400m Curved	400m Curved					100m	100m				
				Discus (DS1)	Discus (DS2)	Shot Put (SP2)	Shot Put (SP3)	TurboJav (TJAV1)	TurboJav (VT1)			Javelin (JV1)	Triple Jump (TJ4)	Long Jump (LJ2)	Shot Put (SP1)		
100m	100m	100m	100m														
				100m	100m					100m	100m						
Vortex (TJAV1)	Vortex (VT1)	Long Jump (LJ2)	Long Jump (LJ3)			100m	100m										
				Long Jump (LJ2)	Long Jump (LJ3)			100m	100m	1500m	1500m			1500m	1500m	1500m	1500m
						Scissor Jump (SJ1)	Scissor Jump (SJ1)	Long Jump (TJ1)	Long Jump (TJ4)	Discus (DS1)	Discus (DS2)	Triple Jump (TJ1)	Javelin (JV1)	Shot Put (SP1)	Long Jump (LJ3)		
70m Front	70m Front	70m Front	70m Front														
60mH Back (20cm Height)	60mH Back (20cm Height)	60mH Back (30cm Height)	60mH Back (30cm Height)	70m Front	70m Front	70m Front	70m Front										
										70m Front	70m Front						
								70m Front	70m Front					70m Front	70m Front		
												70m Front	70m Front				
Wrap UP																	