PROGRAM 1

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															
OnTrack	OnTrack	Discus (DS1a)	Discus (DS2a)	100m	100m	100m	100m	100m	100m	Long Jump (LJ2)	Javelin (JV1)	Long Jump (LJ3)	Shot Put (SP1)	Discus (DS1)	Discus (DS2)
70m Back	70m Back	70m Back	70m Back	Long Jump (TJ1)	Long Jump (TJ4)	TurboJav (VT1)	TurboJav (TJ1)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	100m	100m	100m	100m	100m	100m
Discus (DS1a)	Discus (DS2a)	OnTrack	OnTrack	200m	200m	200m	200m	200m	200m	Javelin (JV1)	Long Jump (LJ2)	Shot Put (SP1)	Long Jump (LJ3)	High Jump (HJ1)	High Jump (HJ2)
Long Jump (LJ2)	Long Jump (LJ3)	Long Jump (TJ1)	Long Jump (TJ4)	TurboJav (VT1)	TurboJav (TJ1)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Discus (DS1)	Discus (DS2)	400m	400m	400m	400m	400m	400m
Wrap UP															