PROGRAM 7

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															
60mH 20cm Back	60mH 20cm Back	60mH 30cm Back	60mH 30cm Back	Long Jump (JP2)	Long Jump (JP4)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	TurboJav (TJAV1)	TurboJav (VT1)	Triple Jump (JP3)	Javelin (JV1)	400m Front	400m Front		
Long Jump (JP1)	Long Jump (JP3)	Discus (DS1a)	Discus (DS2a)	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	400m Back	400m Back	Shot Put (SP1)	Shot Put (SP2)	400m Front	400m Front
Vortex (TJAV1)	Vortex (VT1)	Long Jump (JP2)	Long Jump (JP4)	Shot Put (SP2)	Shot Put (SP3)	800m Back	800m Back	800m Back	800m Back	70m Front	70m Front	70m Front	70m Front	Discus (DS1)	Discus (DS2)
400m Back	400m Back	400m Back	400m Back	400m Back	400m Back	Discus (DS1)	Discus (DS2)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Javelin (JV1)	Triple Jump (JP1)	Long Jump (JP3)	Long Jump (JP4)	70m Front	70m Front
70m Back	70m Back	70m Back	70m Back	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	High Jump (HJ1)	High Jump (HJ2)
														100m	100m
Wrap UP															