PROGRAM 11

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															
Shot Put (SP3)	Shot Put (SP2)	Long Jump (JP1)	Long Jump (JP2)	100m	100m	100m	100m	100m	100m	400m Back	400m Back	400m Back	400m Back	400m Back	400m Back
100m	100m	100m	100m	Long Jump (JP3)	Long Jump (JP4)	TurboJav (VT1)	TurboJav (TJ1)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Discus (DS1)	Discus (DS2)	Triple Jump (JP1)	Javelin (JV1)	Shot Put (SP1)	Shot Put (SP2)
Long Jump (JP1)	Long Jump (JP2)	Vortex (VT1)	Vortex (TJ1)	200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	100m	100m	100m	100m	100m	100m
70m Back	70m Back	70m Back	70m Back	Discus (DS1)	Discus (DS2)	Long Jump (JP3)	Long Jump (JP4)	Shot Put (SP1)	Shot Put (SP2)	High Jump (HJ1)	High Jump (HJ2)	Javelin (JV1)	Triple Jump (JP4)	Long Jump (JP1)	Long Jump (JP2)
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															