

PROGRAM 6

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 (JP1)	Long Jump (JP2)	Long Jump (JP3)	Long Jump (JP4)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	TurboJav (TJAV1)	TurboJav (VT1)	100m	100m					300mH U15 & U16 200mH U13 & U14	300mH U15 & U16 200mH U13 & U14
										100m	100m				
												100m	100m		
								Discus (DS1)	Discus (DS2)	Shot Put (SP1)	Shot Put (SP2)	High Jump (HJ1)	High Jump (HJ2)	Javelin (JV1)	Triple Jump (JP4)
200m Back Finish	200m Back Finish														
		200m Back Finish	200m Back Finish												
Discus (DS1a)	Discus (DS2a)	Shot Put (SP1)	Shot Put (SP2)	TurboJav (TJAV1)	TurboJav (VT1)	Long Jump (JP1)	Long Jump (JP2)	200m Back Finish	200m Back Finish						
										200m	200m			200m	200m
								Scissor Jump (SJ1)	Scissor Jump (SJ2)	Long Jump (JP3)	Long Jump (JP4)	Discus (DS1)	Discus (DS2)	Triple Jump (JP1)	Javelin (JV1)
100m	100m														
		100m	100m												
70m Back	70m Back			100m	100m										
						100m	100m								
		70m Back	70m Back												
				70m Back	70m Back			70m Front	70m Front						
						70m Back	70m Back			70m Front	70m Front			70m Front	70m Front
												70m Front	70m Front		
Wrap UP															

Opens Hurdle Information					
	Under 13	Under 14	Under 15	Under 16	
Distance	200mH	200mH	300mH	300mH	Distance
Height	68cm	76cm	76cm	76cm	Height
Colour	Green	Green	Green	Green	Colour
Number	5	5	7	7	Number