

PROGRAM 8

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)	Vortex (TJ1)	Vortex (VT1)	Discus (DS1)	Discus (DS2)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	100m Front	100m Front	100m Front	100m Front			300mH U15 & U16 200mH U13 & U14	300mH U15 & U16 200mH U13 & U14
												100m Front	100m Front		
								Shot Put (SP3)	Shot Put (SP2)	High Jump (HJ1)	High Jump (HJ2)	Javelin (JV1)	Triple Jump (JP3)	Shot Put (SP1)	Shot Put (SP2)
100m Front	100m Front	100m Front	100m Front	100m Front	100m Front	100m Front	100m Front								
Shot Put (SP2)	Shot Put (SP3)	Long Jump (JP1)	Long Jump (JP2)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	TurboJav (TJAV1)	TurboJav (VT1)	200m Back Finish	200m Back Finish						
										200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish
								Long Jump (JP3)	Long Jump (JP4)	Discus (DS1)	Discus (DS2)	Triple Jump (JP4)	Javelin (JV1)	Long Jump (JP1)	Long Jump (JP2)
				200m Back Finish	200m Back Finish										
200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	70m Front	70m Front	200m Back Finish	200m Back Finish								
		70m Back	70m Back			70m Front	70m Front	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