PROGRAM 4

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															
Discus (DS1a)	Discus (DS2a)	Long Jump (JP1)	Long Jump (JP2)	60mH 45cm Back	60mH 45cm Back	60mH 45cm Back	60mH 45cm Back	60mH 60cm Back	60mH 60cm Back	Triple Jump (JP4)	Javelin (JV1)	80mH 68cm Front	80mH 68cm Front	100mH (U15/16) 90mH (U14B) 80mH (U13)	90mH (U15/16) 80mH (U13/14)
200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	Shot Put (SP2)	Shot Put (SP3)	TurboJav (TJAV1)	TurboJav (VT1)	Shot Put (SP1)	Long Jump (JP3)	80mH 60cm Front	80mH 60cm Front	Long Jump (JP1)	Long Jump (JP2)	High Jump (HJ1)	High Jump (HJ2)
OnTrack	OnTrack	Discus (DS1a)	Discus (DS2a)	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
60mH Back (20cm Height)	60mH Back (20cm Height)	60mH Back (30cm Height)	60mH Back (30cm Height)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Long Jump (JP1)	Long Jump (JP2)	Long Jump (JP3)	Shot Put (SP3)	Javelin (JV1)	Triple Jump (JP4)	Shot Put (SP1)	Shot Put (SP2)	Discus (DS1)	Discus (DS2)
70m Front	70m Front	70m Front	70m Front					800m Back	800m Back						
				400m Back	400m Back	800m Back	800m Back			70m Front	70m Front			70m Front	70m Front
												70m Front	70m Front		
Wrap UP															

	Hurdle Information												
	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	U14 Girls	U14 Boys	U15/16 G	U15/16 B	
Distance	60mH	60mH	60mH	60mH	60mH	80mH	80mH	80mH	80mH	90mH	90mH	100mH	Distance
Height	20cm	30cm	45cm	45cm	60cm	60cm	68cm	76cm	76cm	76cm	76cm	76cm	Height
Colour	Red	Red	Red	Red	Red	Black	Black	Black	Black	White	White	Yellow	Colour
Number	6	6	6	6	6	9	9	9	9	9	9	10	Number