

PROGRAM 1 - A MAXIMUM OF 6 EVENTS PER WEEK ARE TO BE DONE.

U13 - U17 can choose to do the 1500m or 1500m walk or 3000m

	5PM	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6
U6 Girls	Warm-up	100m	Shot Put	70m	Long Jump 2	300m	
U6 Boys	Warm-up	100m	Shot Put	70m	Long Jump 2	300m	
U7 Girls	Warm-up	100m	Turbo Jav	70m	High Jump Scissor	500m	
U7 Boys	Warm-up	100m	Discus 3	70m	High Jump Scissor	500m	
U8 Girls	Warm-up	100m	Long Jump 2	70m	Turbo Jav	400m	Discus 3
U8 Boys	Warm-up	100m	Long Jump 2	70m	Discus 3	400m	Turbo Jav
U9 Girls	Warm-up	100m	Discus 1	70m	Turbo Jav	400m	700m Walk
U9 Boys	Warm-up	100m	Discus 2	70m	Turbo Jav	400m	700m Walk
U10 Girls	Warm-up	100m	High Jump Scissor	70m	Shot Put	400m	1500m or 1100m Walk
U10 Boys	Warm-up	100m	High Jump Scissor	70m	Shot Put	400m	1500m or 1100m Walk
U11 Girls	Warm-up	Shot Put	100m	Long Jump 1	400m	Discus 1	1500m or 1100m Walk
U11 Boys	Warm-up	Shot Put	100m	Long Jump 1	400m	Discus 2	1500m or 1100m Walk
U12 Girls	1500m or 1500m Walk	Triple Jump 1	100m	Discus 1	400m	Long Jump 1	
U12 Boys	1500m or 1500m Walk	Triple Jump 1	100m	Discus 2	400m	Long Jump 1	
U13 Girls	1500m or 1500m Walk	Javelin 1	100m	Triple Jump 3	400m	Shot Put	3000m
U13 Boys	1500m or 1500m Walk	Javelin 2	100m	Triple Jump 3	400m	Shot Put	3000m
U14 Girls	1500m or 1500m Walk	High Jump	100m	Shot Put	400m	Triple Jump 3	3000m
U14 Boys	1500m or 1500m Walk	High Jump	100m	Shot Put	400m	Triple Jump 3	3000m
U15 Girls	1500m or 1500m Walk	Discus 4	100m	High Jump	400m	Javelin 1	3000m
U15 Boys	1500m or 1500m Walk	Triple Jump 4	100m	High Jump	400m	Javelin 2	3000m
U17 Girls	1500m or 1500m Walk	Long Jump 3	100m	Javelin 1	400m	High Jump	3000m
U17 Boys	1500m or 1500m Walk	Long Jump 3	100m	Javelin 2	400m	High Jump	3000m