

## Program A

Under 6	Warm up	70m	Long Jump	100m		
Under 7	Warm up	70m	Discus	100m		
Under 8	Warm up	70m	Shot Put	High Jump	100m	
Under 9	Warm up	400m	Long Jump	Discus	100m	
Under 10	Warm up	400m	High Jump	Shot Put	100m	
Under 11	Warm up	400m	Triple Jump	Javelin	100m	
Under 12	Warm up	400m	Triple Jump	Javelin	100m	
Under 13	Warm up	400m	Long Jump	Long Dist Hurdles	Discus	100m
(Under 14 - Under 17)	Warm up	400m	Shot Put	Long Dist Hurdles	Long Jump	100m

## Program B

Under 6	Warm up	Shot Put	Hurdles	100m		
Under 7	Warm up	Long Jump	Hurdles	200m		
Under 8	Warm up	Discus	Hurdles	200m		
Under 9	Warm up	800m	Shot Put	Hurdles	Long Jump	200m
Under 10	Warm up	800m	Long Jump	Hurdles	Discus	200m
Under 11	Warm up	800m	Shot Put	Hurdles	Long Jump	200m
Under 12	Warm up	800m	Long Jump	Hurdles	Shot Put	200m
Under 13	Warm up	800m	High Jump	Hurdles	Shot Put	200m
(Under 14 - Under 17)	Warm up	800m	High Jump	Hurdles	Discus	200m

## Program C

Under 6	Warm up	50m	Discus	70m		
Under 7	Warm up	50m	Shot Put	70m		
Under 8	Warm up	50m	Vortex	Long Jump	70m	
Under 9	Warm up	1100m	High Jump	Vortex	70m	
Under 10	Warm up	1100m	Vortex	Long Jump	70m	
Under 11	Warm up	1500m	Discus	High Jump	70m	
Under 12	Warm up	1500m	High Jump	Discus	70m	100m
Under 13	Warm up	1500m	Javelin	Triple Jump	70m	100m
(Under 14 - Under 17)	Warm up	1500m	Triple Jump	Javelin	70m	100m

## Twilight A

Under 6	Warm up	Long Jump	Shot Put	100m		
Under 7	Warm up	Shot Put	Long Jump	100m		
Under 8	Warm up	Long Jump	Discus	100m		
Under 9	Warm up	200m	Shot Put	Long Jump	100m	
Under 10	Warm up	200m	Long Jump	Discus	100m	
Under 11	Warm up	200m	Long Jump	Shot Put	100m	
Under 12	Warm up	200m	Discus	Long Jump	100m	
Under 13	Warm up	200m	Long Jump	Discus	100m	
(Under 14 - Under 17)	Warm up	200m	Discus	Long Jump	100m	

## Twilight B

Under 6	Warm up	Discus	Long Jump	100m		
Under 7	Warm up	Long Jump	Discus	100m		
Under 8	Warm up	Shot Put	Long Jump	100m		
Under 9	Warm up	800m	Discus	Long Jump	100m	
Under 10	Warm up	800m	Long Jump	Shot Put	100m	
Under 11	Warm up	800m	Long Jump	Discus	100m	
Under 12	Warm up	800m	Shot Put	Long Jump	100m	
Under 13	Warm up	800m	Long Jump	Shot Put	100m	
(Under 14 - Under 17)	Warm up	800m	Shot Put	Long Jump	100m	