

PROGRAM 1

6	7	8	9	10	11	12	13/14	15+ Seniors
70m	Long Jump (No. 2) Pit	700 Pack	Discus 500g	Shot Put 2 Kg Orange (No. 1) Circle	Triple Jump (No. 1) Pit	High Jump	100m (Hurdles Track)	200 Hurdles Or 200m
300 Pack	Long Jump (No. 2) Pit	70m	Discus 500g	Shot Put (No. 1) Circle	Triple Jump (No. 1) Pit	High Jump	200m Hurdles	100m (Hurdles Track)
Shot Put Ball Throw (No. 2) Circle	70m	Long Jump Pit No2	200m	800m	200m	100m (Hurdles Track)	Long Jump (No. 1) Pit	High Jump or Shot Put Seniors Only
Shot Put (No. 2) Circle	200m	Long Jump Pit No2	70m	Discus 500g	High Jump	800m	Long Jump (No. 1) Pit	High Jump or Shot Put (Seniors Only)
100m	Shot Put 1k Blue (No. 2) Circle	100m (Hurdles Track)	Shot Put (No. 1) Circle	Discus	High Jump	200m	800m	800m Or Seniors 60m (Hurdles Track)
Long Jump (No. 2) Pit	Shot Put (No. 2) 1k Blue Circle	200m	Shot Put 2k Orange (No. 1) Circle	100m	800m Pack	Discus 750g	High Jump	Long Jump (No. 1) Pit
Long Jump (No. 2) Pit	100m		800 Pack	200m	100m (Hurdles Track)	Discus 750g	High Jump	Long Jump (No. 1) Pit
<i>200m Hurdles only (30 required) and 3 Sets of High Jump Bags to be set up</i>								

PROGRAM 2

6	7	8	9	10	11	12	13/14	15+ Seniors
Relays and Games	50m	Discus 500g	High Jump	800m Pack	Long Jump (No 1) Pit	400m	Shot Put (No. 1) Circle	Hurdles Or 100m Hurdles Track
50m	Long Jump (No. 2) Pit	Discus 500g	High Jump	100m After U6 50m	Long Jump (No 1) Pit	Hurdles	Shot Put (No 1) Circle	400m Or (seniors only) 800m
Shot Put Ball Throw (No. 2) Circle	Long Jump (No. 2) Pit	100m	800m Pack	High Jump	Hurdles	Long Jump (No 1) Pit	400m	Shot Put (No. 1) Pit
Shot Put Ball Throw (No. 2) Circle	Discus 350g	400m	100m	High Jump	1500m Pack	Long Jump (No 1) Pit	100m (After U6's)	Shot Put (No 1) Pit 13's/14G/15G 3kg White 14B/15B/U16 Girls above 4kg Red
Long Jump (No. 2) Pit	Discus 350g	High Jump (Training)	Long Jump (No 1) Pit	Hurdles	Shot Put 2k Orange (No. 1)	1500m	Javelin	Javelin Or Seniors 400m
Long Jump (No. 2) Pit	100m	Hurdles	Long Jump (No 1) Pit	400m	Shot Put 2k Orange (No. 1)	100m	Javelin	Javelin or (Seniors Only) 60m Hurdles Track
	500m		Hurdles		400m After U7 500m		3000m Javelin	3000m Javelin

PROGRAM 3

6	7	8	9	10	11	12	13/14	15+ Seniors
Long Jump (No. 2) Pit	500m Pack	Shot Put 1.5k Yellow (No. 1) Circle	200m	High Jump	Discus 750g	100m (Under 7's 50m)	Hurdles	Triple Jump (No. 1) Pit
Long Jump (No. 2) Pit	Shot Put (No. 2) Circle 1k Blue	Shot Put 1.5k (No. 1) Circle	100m Pack	High Jump	Discus 750g	Hurdles	200m	Triple Jump (No. 1) Pit
300m Pack	Shot Put (No. 2) Circle	100m	High Jump	Hurdles	200m	Shot Put (No. 1) - Circle G - 2k Orange B - 3k White	Triple Jump (No. 1) Pit	100m
Discus Training	100m	700m	High Jump	70m After U7's 100m	Hurdles	Shot Put (No. 1) Circle	Triple Jump (No. 1) Pit	200m
Discus Training	Long Jump	High Jump (Training) (Short Session)	Hurdles	Long Jump (No. 1) Pit	Shot Put (No. 1) Circle	200m	1500m	1500m
70m	Long Jump	Hurdles	400m	Long Jump (No. 1) Pit	Shot Put 2k Orange (No. 1)	Triple Jump (No. 1) Pit	Discus	Discus or Hammer or High Jump (seniors only)
	70m			1500m	100m Hurdles track	Triple Jump (No. 1) Pit	Discus	