



# PROGRAM 1 2020/2021

Warm up starts 5:45pm. Program starts 6:00pm



| U6  | U7   | U8                           | U9  | U10  | U11  | U12  | U13  | U14-17  |
|---|--|------------------------------|---|--|--|--|--|---|
|   |  |                              |   |  | Javelin 5:15pm   | Javelin 5:15pm   |  |   |
| <b>300m Pack</b>  | <b>Long Jump</b><br>Pit 2  | <b>70m</b><br>Straight track | <b>Discus</b><br>Girls - 500gm<br><b>High Jump</b><br>Boys S/mats | <b>Long Jump</b><br>Girls<br><b>Shot Put</b><br>Boys - 2kg | <b>Triple Jump</b><br>Girls<br><b>Discus</b><br>Boys - 500gm | <b>Shot Put</b><br>Boys - 2kg<br><b>High Jump</b><br>Girls | <b>100m</b><br>Hurdles Track   | <b>300m Hurdles</b><br>U15 - U17<br><b>200m Hurdles</b><br>U14        |
| <b>50m</b><br>Straight Track  | <b>Long Jump</b><br>Pit 2  | <b>700m</b><br>Pack          | <b>Discus</b><br>Girls - 500gm<br><b>High Jump</b><br>Boys S/mats | <b>Long Jump</b><br>Girls<br><b>Shot Put</b><br>Boys - 2kg | <b>Triple Jump</b><br>Girls<br><b>Discus</b><br>Boys - 500gm | <b>Shot Put</b><br>Boys - 2kg<br><b>High Jump</b><br>Girls | <b>200m Hurdles</b><br>68cm  | <b>100m</b><br>Hurdles Track  |
| <b>Long Jump</b><br>Pit 2   | <b>100m</b><br>Hurdles Track                                       | <b>Discus</b><br>500gm       | <b>70m</b><br>Straight track                                      | <b>800m</b>  | <b>100m</b><br>Hurdles Track                                 | <b>200m</b>  | <b>Triple Jump</b><br>Girls - Pit 1<br><b>Shot Put</b><br>Boys -3kg Circle 1 | <b>LJ</b><br>Girls<br><b>Shot Put</b><br>3kg White<br>Boys - Circle 2 |
| <b>Long Jump</b><br>Pit 2   | <b>Shot Put</b><br>1kg Blue<br>Girls - Circle 3<br>Boys - Circle 4 | <b>Discus</b><br>500gm       | <b>800m</b>   | <b>70m</b><br>Straight Track                               | <b>200m</b>  | <b>100m</b><br>Hurdles Track                               | <b>Triple Jump</b><br>Girls - Pit 1<br><b>Shot Put</b><br>Boys -3kg Circle 1 | <b>LJ</b><br>Girls<br><b>Shot Put</b><br>3kg White<br>Boys - Circle 2 |
| <b>100m</b><br>Straight Track                                       | <b>Shot Put</b><br>1kg Blue<br>Girls - Circle 3<br>Boys - Circle 4 | <b>200m</b>                  | <b>Discus</b><br>Boys - 500gm<br><b>High Jump</b><br>Girls S/mats | <b>Long Jump</b><br>Boys<br><b>Shot Put</b><br>Girls - 2kg | <b>Triple Jump</b><br>Boys<br><b>Discus</b><br>Girls 500gm   | <b>Shot Put</b><br>Girls - 2kg<br><b>High Jump</b><br>Boys | <b>60m</b><br>Hurdles Track  | <b>60m</b><br>Hurdles Track   |
| <b>Shot Put</b><br>500g Pink<br>Girls - Circle 3<br>Boys - Circle 4 | <b>200m</b>  | <b>Long Jump</b><br>Pit 2    | <b>Discus</b><br>Boys - 500gm<br><b>High Jump</b><br>Girls S/mats | <b>Long Jump</b><br>Boys<br><b>Shot Put</b><br>Girls - 2kg | <b>Triple Jump</b><br>Boys<br><b>Discus</b><br>Girls 500gm   | <b>Shot Put</b><br>Girls - 2kg<br><b>High Jump</b><br>Boys | <b>1500m</b>   | <b>1500m</b>  |
| <b>Shot Put</b><br>500g Pink<br>Girls - Circle 3<br>Boys - Circle 4 | <b>50m</b><br>Straight Track                                       | <b>Long Jump</b><br>Pit 2    | <b>200m</b>   | <b>200m</b>  | <b>1500m</b>   | <b>1500m</b>   | <b>Triple Jump</b><br>Boys - Pit 1<br><b>Shot Put</b><br>Girls -3kg Circle 1 | <b>LJ</b><br>Boys<br><b>Shot Put</b><br>3kg White<br>Girls - Circle 2 |

**PROGRAM 2 2020/2021**

Warm up starts 5:45pm. Program starts 6:00pm



| U6  | U7   | U8   | U9   | U10   | U11  | U12   | U13  | U14-17  |
|---|--|--|--|---|--|---|--|---|
| <b>50m</b><br>Straight Track<br>(before U14-17) | <b>Long Jump</b><br>Pit 2  | <b>Shot Put</b><br>1.5kg Yellow<br>Girls - Circle 3 Boys<br>Circle 4 | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2 | <b>High Jump</b><br>Girls - S/mats<br><b>Discus</b><br>Boys - 500gm | <b>200m</b>  | <b>80m Hurdles</b><br>68cm  | <b>High Jump</b><br>Girls<br><b>Discus</b><br>Boys - 750gm | <b>100m</b><br>Straight Track   |
| <b>Discus</b><br>Cricket nets                   | <b>Long Jump</b><br>Pit 2  | <b>Shot Put</b><br>1.5kg Yellow<br>Girls - Circle 3 Boys<br>Circle 4 | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2 | <b>High Jump</b><br>Girls - S/mats<br><b>Discus</b><br>Boys - 500gm | <b>80m Hurdles</b><br>60cm                                       | <b>800m</b>   | <b>High Jump</b><br>Girls<br><b>Discus</b><br>Boys - 750gm | <b>400m</b>   |
| <b>Discus</b><br>Cricket nets                   | <b>Mini Hurdles &amp; Relays</b>                                   | <b>100m</b><br>Straight Track  | <b>700m Walk</b>   | <b>60m Hurdles</b><br>60cm  | <b>Long Jump</b><br>Pit 1  | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2    | <b>200m</b>  | <b>High Jump</b><br>Girls<br><b>Discus</b><br>Boys - 1kg<br>17B - 1.5kg |
| <b>Mini Hurdles &amp; Relays</b>                | <b>50m</b><br>Straight Track                                       | <b>Long Jump</b><br>Pit 2  | <b>Long Jump</b><br>Pit 1  | <b>70m</b><br>Straight Track<br>(after U7 50m)                      | <b>Long Jump</b><br>Pit 1  | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2    | <b>800m</b>  | <b>High Jump</b><br>Girls<br><b>Discus</b><br>Boys - 1kg<br>17B - 1.5kg |
| <b>70m</b><br>Straight Track                    | <b>Shot Put</b><br>1kg Blue<br>Girls - Circle 3<br>Boys - Circle 4 | <b>Long Jump</b><br>Pit 2  | <b>Long Jump</b><br>Pit 1  | <b>High Jump</b><br>Boys - S/mats<br><b>Discus</b><br>Girls - 500gm | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2 | <b>200m</b>   | <b>High Jump</b><br>Boys<br><b>Discus</b><br>Girls - 750gm | <b>800m</b>   |
| <b>Long Jump</b><br>Pit 2                       | <b>Shot Put</b><br>1kg Blue<br>Girls - Circle 3<br>Boys - Circle 4 | <b>70m</b><br>Straight Track   | <b>60m Hurdles</b><br>45cm                                       | <b>High Jump</b><br>Boys - S/mats<br><b>Discus</b><br>Girls - 500gm | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2 | <b>Long Jump</b><br>Girls Pit 1<br><b>Triple Jump</b><br>Boys Pit 1 | <b>High Jump</b><br>Boys<br><b>Discus</b><br>Girls - 750gm | <b>Discus</b><br>Girls -1kg Cage 3<br><b>High Jump</b><br>Boys          |
| <b>Long Jump</b><br>Pit 2                       | <b>70m</b><br>Straight Track                                       | <b>400m</b>  | <b>100m</b><br>Hurdles Track                                     | <b>1100m Walk</b><br>or<br><b>100m</b><br>Straight track            | <b>1100m Walk</b><br>or<br><b>100m</b><br>Straight track         | <b>Long Jump</b><br>Girls Pit 1<br><b>Triple Jump</b><br>Boys Pit 1 | <b>100m</b><br>Hurdles Track<br>(after U7)                 | <b>Discus</b><br>Girls -1kg Cage 3<br><b>High Jump</b><br>Boys          |
|   |  |  |  |   |  | <b>1500m Walk</b>   | <b>1500m Walk</b>  | <b>1500m Walk</b>   |



# PROGRAM 3 2020/2021

Warm up starts 5:45pm. Program starts 6:00pm



| U6  | U7   | U8   | U9   | U10  | U11  | U12   | U13   | U14-U17   |
|---|--|--|--|--|--|---|---|---|
|   |  |  |  |  |  |   |   | <b>Javelin 5:15pm</b>   |
| <b>70m</b><br>Straight Track  | <b>Discus</b><br>Girls - 350gm<br><b>Long Jump</b><br>Boys - Pit 2 | <b>700m</b><br>Pack  | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2 | <b>Long Jump</b><br>Pit 1  | <b>High Jump</b><br>Girls<br><b>Discus</b><br>Boys - 500gm | <b>400m</b>   | <b>100m</b><br>(after U6)<br>Straight Track | <b>100H</b> - 15/17-76cm<br><b>90H</b> - 14B/15G-76c<br><b>80H</b> - 14G-76cm |
| <b>200m</b><br>(before U14-17)                                      | <b>Discus</b><br>Girls - 350gm<br><b>Long Jump</b><br>Boys - Pit 2 | <b>100m</b><br>Straight Track  | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2 | <b>Long Jump</b><br>Pit 1  | <b>High Jump</b><br>Girls<br><b>Discus</b><br>Boys - 500gm | <b>80m Hurdles</b><br>68cm  | <b>80m Hurdles</b><br>76cm                  | <b>200m</b>   |
| <b>Long Jump</b><br>Pit 2   | <b>500m</b><br>Pack  | <b>High Jump</b><br>S/mats flexi bar                                   | <b>400m</b>  | <b>100m</b><br>Straight Track                                    | <b>80m Hurdles</b><br>60cm                                 | <b>Triple Jump</b><br>Girls Pit 1<br><b>Long Jump</b><br>Boys Pit 1 | <b>Javelin</b><br>400gm                     | <b>Shot Put</b><br>3kg White<br>Girls - Circle 1                              |
| <b>Long Jump</b><br>Pit 2   | <b>70m</b><br>Straight Track                                       | <b>High Jump</b><br>S/mats flexi bar                                   | <b>100m</b><br>Straight Track                                    | <b>60m Hurdles</b><br>60cm                                       | <b>400m</b>  | <b>Triple Jump</b><br>Girls Pit 1<br><b>Long Jump</b><br>Boys Pit 1 | <b>Javelin</b><br>400gm                     | <b>Shot Put</b><br>Boys - Circle 1<br>U14 3kg U15 4kg<br>U17 5kg              |
| <b>100m</b><br>Straight Track                                       | <b>Long Jump</b><br>Girls - Pit 2<br><b>Discus</b><br>Boys - 350gm | <b>60m Hurdles</b><br>45cm   | <b>Long Jump</b><br>Pit 1  | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2 | <b>High Jump</b><br>Boys<br><b>Discus</b><br>Girls         | <b>800m</b>   | <b>400m</b>                                 | <b>100m</b><br>Straight Track   |
| <b>Shot Put</b><br>500g Pink<br>Girls - Circle 3<br>Boys - Circle 4 | <b>Long Jump</b><br>Girls - Pit 2<br><b>Discus</b><br>Boys - 350gm | <b>Shot Put</b><br>1.5kg Yellow<br>Girls - Circle 3<br>Boys - Circle 4 | <b>Long Jump</b><br>Pit 1  | <b>Shot Put</b><br>2kg Orange<br>Girls Circle 1<br>Boys Circle 2 | <b>High Jump</b><br>Boys<br><b>Discus</b><br>Girls         | <b>100m</b><br>Straight Track                                       | <b>Long Jump</b><br>Pit 1                   | <b>Triple Jump</b><br>Pit 1   |
| <b>Shot Put</b><br>500g Pink<br>Girls - Circle 3<br>Boys - Circle 4 | <b>100m</b><br>Straight Track                                      | <b>Shot Put</b><br>1.5kg Yellow<br>Girls - Circle 3<br>Boys - Circle 4 | <b>60m Hurdles</b><br>45cm                                       | <b>400m</b>  | <b>800m</b>  | <b>Discus</b><br>750gm  | <b>Long Jump</b><br>Pit 1                   | <b>Triple Jump</b><br>Pit 1   |
|   |  |  |  |  |  | <b>Discus</b><br>750gm  | <b>3000m</b>                                | <b>3000m</b>  |