



**PROGRAM 1 2021/22**  
**WARM UP STARTS 5:45PM. PROGRAM STARTS 6PM.**



U6	U7	U8	U9	U10	U11	U12	U13	U14-17
<b>OPTIONAL EARLY EVENTS</b>						<b>Long Jump</b> (5:15pm)	<b>High Jump</b> (5:15pm)	
<b>300m</b> Pack Start	<b>Long Jump</b> Pit 3/4	<b>70m</b> Straight Track	<b>High Jump</b> Soft Mats	Long Jump Pit 1/2	Discus 500g Cage 1/3	Shot Put 2kg Circle 1/2	100m Hurdles Track	<b>300m Hurdles U15</b> <b>U17</b> <b>200m Hurdles</b> <b>U14</b> inside circ track
<b>Shot Put</b> 500g PINK Girls - Circle 3 Boys - Circle 4	<b>Long Jump</b> Pit 3/4	<b>700m</b> Pack Start	<b>High Jump</b> Soft Mats	Long Jump Pit 1/2	Discus 500g Cage 1/3	<b>Shot Put</b> 2kg circle 1/2	<b>200m Hurdles</b> inside circ track	<b>100m</b> Hurdles Track
<b>Shot Put</b> 500g PINK Girls - Circle 3 Boys - Circle 4	100m Straight track	<b>Long Jump</b> Pit 3/4	<b>70m</b> Straight track	<b>800m</b> Pack Start	<b>100m</b> Hurdles track	<b>200m</b>	<b>Triple Jump</b> Pit 1/2	<b>Discus</b> Girls + Boys - 1kg 17B - 1.5kg
<b>50m</b> Straight Track	<b>Shot Put</b> 1kg Blue Girls - Circle 3 Boys - Circle 4	<b>Long Jump</b> Pit 3/4	<b>800m</b> Pack Start	<b>Shot Put</b> 2kg circle 1/2	<b>400m</b>	<b>High Jump</b> Mat 1/2	<b>Triple Jump</b> Pit 1/2	<b>Discus</b> Girls + Boys - 1kg 17B - 1.5kg
<b>100m</b> Straight track	<b>Shot Put</b> 1kg Blue Girls - Circle 3 Boys - Circle 4	<b>200m</b>	<b>Discus</b> 500g Cage 1/3	<b>Shot Put</b> 2kg circle 1/2	<b>Triple Jump</b> Pit 1/2	<b>High Jump</b> Mat 1/2	<b>1500m Run</b> Start near shot put area	<b>1500m Run</b> Start near shot put area
<b>Long Jump</b> Pit 3/4	<b>200m</b>	<b>Discus</b> 500g Cage 1/3	<b>Discus</b> 500g Cage 1/3	<b>70m</b> Straight Track	<b>Triple Jump</b> Pit 1/2	<b>100m</b> Hurdles track	<b>Shot Put</b> 3kg Circle 1/2	<b>Long Jump</b> Pit 1/2
<b>Long Jump</b> Pit 3/4	<b>50m</b> Straight Track	<b>Discus</b> 500g Cage 1/3	<b>200m</b>	<b>200m</b>	<b>1500m</b> Start near shot put area	<b>1500m Run</b> Start near shot put area	<b>Shot Put</b> 3kg Circle 1/2	<b>Long Jump</b> Pit 1/2



**PROGRAM 2 2021/22**  
**WARM UP STARTS 5:45PM. PROGRAM STARTS 6PM.**



U6	U7	U8	U9	U10	U11	U12	U13	U14-17
<b>OPTIONAL Early Event:</b>					<b>High Jump (5:15pm)</b>	<b>1500m Walk (5:30pm)</b>	<b>1500m Walk (5:30pm)</b>	<b>1500m Walk (5:30pm)</b>
50m Hurdles (mini hurdles) StraightTrack	<b>Long Jump</b> Pit 3/4	<b>Shot Put</b> 1.5kg YELLOW Girls - Circle 3 Boys - Circle 4	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>High Jump</b> Soft mats	<b>400m</b>	<b>80m hurdles</b> 68cm Hurdles Track	<b>Discus</b> 750g Cage 1/3	<b>Triple Jump</b> Pit 1/2
<b>200m</b>	<b>Long Jump</b> Pit 3/4	<b>Shot Put</b> 1.5kg YELLOW Girls - Circle 3 Boys - Circle 4	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>High Jump</b> Soft mats	<b>80 Hurdles</b> Hurdle Track	<b>800m</b>	<b>Discus</b> 750g Cage 1/3	<b>Triple Jump</b> Pit 1/2
<b>Discus</b> Cricket nets	<b>Discus</b> 350g Cage 1/3	<b>100m</b> Straight Track	<b>700m walk</b> Start Near *SP/LJ*	<b>60m Hurdles</b> Hurdles Track	<b>Long Jump</b> Pit 1/2	<b>200m</b>	<b>100m</b> Straight Track	<b>High Jump</b> Mat 1/2
<b>Discus</b> Cricket nets	<b>Discus</b> 350g Cage 1/3	<b>Long Jump</b> Pit 3/4	60m Hurdles Hurdles Track	<b>70m</b> Straight track	<b>Long Jump</b> Pit 1/2	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>200m</b>	<b>High Jump</b> Mat 1/2
<b>70m</b> Straight track	<b>50m Hurdles</b> (mini hurdles) StraightTrack	<b>Long Jump</b> Pit 3/4	<b>Long Jump</b> Pit 1/2	<b>Discus</b> 500g Cage 1/3	<b>1100m Walk</b> Start Near *SP/LJ*	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>800m (Before U11 1100m walk)</b>	<b>200m</b>
<b>Long Jump</b> Pit 3/4	<b>200M</b>	<b>70m</b> Straight Track	<b>long Jump</b> Pit 1/2	<b>Discus</b> 500g Cage 1/3	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>Triple Jump</b> Pit 1/2	<b>High Jump</b> Mat 1/2	<b>800m</b>
<b>Long Jump</b> Pit 3/4	<b>70m</b> Straight Track	<b>400m</b>	<b>100m</b> Straight track	<b>1100m Walk</b> Start Near *SP/LJ*	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>Triple Jump</b> Pit 1/2	<b>High Jump</b> Mat 1/2	<b>Discus</b> Girls + Boys - 1kg 17B - 1.5kg
<b>OPTIONAL LATE EVENT</b>				<b>400M</b>			<b>80m HURDLES</b>	<b>80 - 100m HURDLES</b>



**PROGRAM 3 2021/22**  
**WARM UP STARTS 5:45PM. PROGRAM STARTS 6PM.**



U6	U7	U8	U9	U10	U11	U12	U13	U14-17	
<b>OPTIONAL EARLY EVENTS</b>			<b>800M (5:30pm)</b>		<b>Javelin (5:15pm)</b>		<b>Javelin (5:15pm)</b>	<b>Triple Jump (5:15pm)</b>	<b>Triple Jump (5:15pm)</b>
<b>70m</b> Straight Track	<b>Discus</b> 350g Cage 1/3	<b>700m</b> Pack Start	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>Long Jump</b> Pit 1/2	<b>High Jump</b> Mat 1/2	<b>400m</b>	<b>100m</b> Straight Track	<b>100H - 15/17 - 76cm</b> <b>90H - 14B/15G - 76cm</b> <b>80H - 14G - 76cm</b> Hurdles Track	
<b>200m</b>	<b>Discus</b> 350g Cage 1/3	<b>100m</b> Straight Track	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>Long Jump</b> Pit 1/2	<b>High Jump</b> Mat 1/2	<b>80m Hurdles</b> Hurdles Track	<b>80m Hurdles</b> Hurdles Track	<b>200m</b>	
<b>Long Jump</b> Pit 3/4	<b>500m</b> Pack Start	<b>High Jump</b> Soft Mats	<b>400m</b>	<b>100m</b> Straight track	<b>80m hurdles</b> 68cm Hurdles Track	<b>Long Jump</b> Pit 1/2	<b>Discus</b> 750g Cage 1/3	<b>Shot Put</b> 3kg Circle 1/2	
<b>Long Jump</b> Pit 3/4	<b>70m</b> Straight Track	<b>High Jump</b> Soft Mats	<b>100m</b> Straight Track	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>200m</b>	<b>Long Jump</b> Pit 1/2	<b>Discus</b> 750g Cage 1/3	<b>Shot Put</b> 3kg Circle 1/2	
<b>50m</b> Straight track	<b>Long Jump</b> Pit 3/4	<b>60m Hurdles</b> Hurdles Track	<b>Long Jump</b> Pit 1/2	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>Discus</b> 500g Cage 1/3	<b>800m</b>	<b>400m</b>	<b>High Jump</b> Mat 1/2	
<b>Shot Put</b> 1kg Blue Girls - Circle 3 Boys - Circle 4	<b>Long Jump</b> Pit 3/4	<b>Shot Put</b> 1.5kg YELLOW Girls - Circle 1 Boys - Circle 2	<b>Long Jump</b> Pit 1/2	<b>60m Hurdles</b> Hurdles Track	<b>Discus</b> 500g Cage 1/3	<b>Discus</b> 750g Cage 1/3	<b>Long Jump</b> Pit 1/2	<b>High Jump</b> Mat 1/2	
<b>Shot Put</b> 1kg Blue Girls - Circle 3 Boys - Circle 4	<b>100m</b> Straight track	<b>Shot Put</b> 1.5kg YELLOW Girls - Circle 1 Boys - Circle 2	<b>60m Hurdles</b> Hurdles Track	<b>400m</b>	<b>800m</b> Pack Start	<b>Discus</b> 750g Cage 1/3	<b>Long Jump</b> Pit 1/2	<b>400m</b> (before U10)	
				<b>OPTIONAL LATE EVENT:</b>			<b>3000m Optional</b>	<b>3000m Optional</b>	



**PROGRAM 4 2021/22**  
**WARM UP STARTS 5:45PM. PROGRAM STARTS 6PM.**



U6	U7	U8	U9	U10	U11	U12	U13	U14-17
<b>OPTIONAL EARLY EVENTS:</b>				Triple Jump (5:15pm)		Triple Jump (5:15pm)	Javelin (5:15pm)	Javelin (5:15pm)
<b>70m</b> Straight Track	<b>50m</b> Hurdles track	<b>200m</b>	<b>High Jump</b> Soft Mats	<b>Discus</b> 500g Cage 1/3	<b>200m</b>	<b>High Jump</b> Mat 1/2	<b>800m</b>	<b>Long Jump</b> Pit 1/2
<b>Discus</b> Cricket nets	<b>500m</b> Pack Start	<b>70m</b> Straight Track	<b>High Jump</b> Soft Mats	<b>Discus</b> 500g Cage 1/3	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>High Jump</b> Mat 1/2	<b>200m</b>	<b>Long Jump</b> Pit 1/2
<b>Discus</b> Cricket nets	<b>Long Jump</b> Pit 3/4	<b>Discus</b> 500g Cage 1/3	<b>200m</b>	<b>100m</b> Straight Track	<b>Shot Put</b> 2kg ORANGE Girls - Circle 1 Boys - Circle 2	<b>100m</b> Hurdles Track	<b>Long Jump</b> Pit 1/2	<b>800m</b>
<b>50m</b> Straight track	<b>Long Jump</b> Pit 3/4	<b>Discus</b> 500g Cage 1/3	<b>70m</b> Hurdles Track	<b>High Jump</b> Soft Mats	<b>800m</b>	<b>400m</b>	<b>Long Jump</b> Pit 1/2	<b>Shot Put</b> 3kg Circle 1/2
<b>Long Jump</b> Pit 3/4	<b>Shot Put</b> 500g PINK Girls - Circle 3 Boys - Circle 4	<b>100m</b> Straight Track	<b>Discus</b> 500g Cage 1/3	<b>High Jump</b> Soft Mats	<b>100m</b> Hurdles Track	<b>1500m</b> Pack Start	<b>400m</b>	<b>Shot Put</b> 3kg Circle 1/2
<b>Long Jump</b> Pit 3/4	<b>Shot Put</b> 500g PINK Girls - Circle 3 Boys - Circle 4	<b>High Jump</b> Soft Mats	<b>Discus</b> 500g Cage 1/3	<b>800m</b>	<b>Long Jump</b> Pit 1/2	<b>Discus</b> 750g Cage 1/3	<b>Shot Put</b> 3kg Circle 1/2	<b>400m</b>
<b>300m</b> Pack Start	<b>70m</b> Straight Track	<b>High Jump</b> Soft Mats	<b>400m</b>	<b>200m</b>	<b>Long Jump</b> Pit 1/2	<b>Discus</b> 750g Cage 1/3	<b>Shot Put</b> 3kg Circle 1/2	<b>100m</b> Hurdles Track
Optional Late Event		<b>400m (pack start)</b>						