

**PROGRAM 1 2023/2024**

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

U6	U7	U8	U9	U10	U11	U12	U13	U14-17
					High Jump 5:15pm	Javelin 5:15pm	Long jump 5:15pm	Javelin 5:15pm
300m Pack Start	Long Jump Pit 2	70m Straight Track	Discus 500g Girls - Cage 2 High Jump Boys S/Mats	Shot Put 2kg Boys & Girls- Circle 4	Triple Jump Girls & Boys- Pit 1	Shot Put 2kg Boys & Girls Cirles 1 & 2	100m Hurdles track	200m Hurdles 76cm (14's) 300m Hurdles 76cm (15/17)
50m Straight track	Long Jump Pit 2	700m Pack start	Discus 500g Girls - Cage 2 High Jump Boys S/Mats	Shot Put 2kg Boys and girls - Circle 3	Triple Jump Girls & Boys - Pit 1	Shot Put 2kg Boys & Girls Cirles 1 & 2	200m Hurdles 68cm	100m Hurdles track
Long Jump Pit 2	70m Straight track	Discus 500g Boys cage 1 Girls cage 2	70m Straight Track	800m	100m Hurdles track	400m	Triple Jump Pit 1	Shot Put Girls circle 1 Boys circle 2
Long Jump Pit 2	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	Discus 500g Boys cage 1 Girls cage 2	800m	70m Straight track	400m	100m Hurdles track	Triple Jump Pit 1	Shot Put Girls circle 1 Boys circle 2
Discus Cricket Nets	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	100m Straight track	Discus 500g Boys - Cage 1 & 2 High Jump Girls S/Mats	Long Jump Pitt 1	1500m (11's & 12's together) as Availabe anytime after last 800	1500m (11's & 12's together) as Availabe anytime after last 800	1500m (after U11 & 12s) as Availabe anytime after last 800	1500m (after U11 & 12) as Availabe anytime after last 800
Discus Cricket Nets	200m	Long Jump Pit 2	Discus 500g Boys - Cage 2 High Jump Girls S/Mats	Long Jump Pitt 1	Discus 500g Girls - Cage 1 Boys Cage 2	Long Jump Boys & Girls Pit 1	Shot Put 3kg Girls - Circle 1 Boys - Circle 2	High Jump Mat 1 - <110cm Mat 2 - >140cm
	50m Straight track	Long Jump Pit 2	200m	100m Straight track	Discus 500g Girls - Cage 1 Boys Cage 2	Long Jump Boys & Girls- Pit 1	Shot Put 3kg Girls - Circle 1 Boys - Circle 3	High Jump Mat 1 - <110cm Mat 2 - >140cm