

**PROGRAM 2 2023/2024**

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



U6	U7	U8	U9	U10	U11	U12	U13	U14-17
					Javelin 5:15pm	Long Jump 5:15pm	Javelin 5:15pm	High Jump 5:15pm
50m Straight track (before U14-17)	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	High Jump Girls - S/Mats Discus 500g Boys - Cage 2	200m	80m Hurdles 68cm	High Jump Girls Discus 750g Boys - Cage 1	100m Straight track
Mini Hurdles & Relays Straight track	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	High Jump Girls - S/Mats Discus 500g Boys - Cage 2	80m Hurdles 60cm	800m	High Jump Girls Discus 750g Boys - Cage 1	400m
Shot Put 500g pink Girls - Circle 3 Boys - Circle 4	70m Straight track	70m Straight track	700m Walk (After U12 800m)	60m Hurdles 45cm	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	High Jump Mat 1 - <85cm Mat 2 - >100cm	200m	Long Jump Girls - Pit 1 Discus 1kg (17B 1.5kg) Boys - Cage 1
Shot Put 500g pink Girls - Circle 3 Boys - Circle 4	Long Jump Pit 2	Shot Put 1.5kg Yellow Girls - Circle 3 Boys - Circle 4	60m Hurdles 45cm	400m	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	High Jump Mat 1 - <85cm Mat 2 - >100cm	800m	Long Jump Girls - Pit 1 Discus 1kg (17B 1.5kg) Boys - Cage 1
70m Straight track	Long Jump Pit 2	Shot Put 1.5kg Yellow Girls - Circle 3 Boys - Circle 4	70m Straight track	High Jump Boys - S/Mats Discus 500g Girls - Cage 2	Long Jump Pit 1	200m	High Jump Boys Discus 750g Girls - Cage 1	800m
Discus Cricket Nets	50m Straight track	100m Straight Track	Long Jump Pit 2	High Jump Boys - S/Mats Discus 500g Girls - Cage 2	Long Jump Pit 1	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	High Jump Boys Discus 750g Girls - Cage 1	Long Jump Boys - Pit 1 Discus 1kg Girls - Cage 1
Discus Cricket Nets	Mini Hurdles & Relays	400m	Long Jump Pit 2	1100m Walk 7:45pm	1100m Walk 7:45pm	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	100m Straight Track	Long Jump Boys - Pit 1 Discus 1kg Girls - Cage 1
						1500m Walk 8:15pm	1500m Walk 8:15pm	1500m Walk 8:15pm