

**PROGRAM 3 2023/2024**

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

U6	U7	U8	U9	U10	U11	U12	U13	U14-17
					Triple Jump 5:15pm	Triple Jump 5:15pm	High jump 5:15pm	Shot Put 5:15pm
100m Straight track	Discus 350g Girls - cage 2 Long Jump Boys Pit 2	700m Pack start	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	High Jump Girls Discus 500g Boys - Cage 1	200m	80m Hurdles 76cm	80m H (14G) 76cm 90m H (15G/14B) 76cm 100m H (17G 15-17B) 76cm
Long Jump Pit 2	Discus 350g Girls - cage 2 Long Jump Boys Pit 2	200m	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	High Jump Girls Discus 500g Boys - Cage 1	80m Hurdles 68cm	100m Straight track (after U6)	200m
Long Jump Pit 2	500m Pack start	High Jump - Girls S/mats Flexibar) Shot Put - Boys Circle 3 - 1.5kg	100m Straight track	100m Straight track	80m Hurdles 60cm	High Jump Mat 1 - <85cm Mat 2 - >100cm	Long Jump Pit 1	Discus 1kg (17B 1.5kg) Boys - Cage 1 Girls - Cage 2
Shot Put 500g pink Girls - Circle 3 Boys - Circle 4	100m Straight track	High Jump - Girls S/mats Flexibar) Shot Put - Boys Circle 3 - 1.5kg	400m	60m Hurdles 60cm	800m	High Jump Mat 1 - <85cm Mat 2 - >100cm	Long Jump Pit 1	Discus 1kg (17B 1.5kg) Boys - Cage 1 Girls - Cage 2
Shot Put 500g pink Girls - Circle 3 Boys - Circle 4	Discus 350g Boys - cage 2 Long Jump Girls Pit 2	60m Hurdles 45cm	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	High Jump Boys Discus 500g Girls - Cage 1	100m Straight track	400m	100m Straight track
200m	Discus 350g Boys - cage 2 Long Jump Girls Pit 2	High Jump - Boys S/mats Flexibar) Shot Put - Girls Circle 3 - 1.5kg	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	High Jump Boys Discus 500g Girls - Cage 1	Discus 750g Boys cage 1 Girls cage 2	3000m 7:30pm	3000m 7:30pm
		High Jump - Boys S/mats Flexibar) Shot Put - Girls Circle 3 - 1.5kg	60m Hurdles 45cm	200m	100m	Discus 750g Boys cage 1 Girls cage 2	Shot Put 3kg Girls - Circle 1 Boys - Circle 2	Triple Jump
							Shot Put 3kg Girls - Circle 1 Boys - Circle 2	Triple Jump

100m Hurdles Start 5:45pm followed by 90m hurdles