



WET WEATHER PROGRAM 2024/2025



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

6's	7's	8's	9's	10's	11's	12's	13's	14's - 17's+
300m pack start	70m Straight track	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	100m Hurdles track (after 14-17's)	Discus 750g Girls cage 1 Boys cage 2	200m	100m Hurdles track
Discus Cricket Nets	500m Pack start	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	Long Jump Pit 1	Discus 750g Girls cage 1 Boys cage 2	100m Hurdles track	200m
Discus Cricket Nets	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	700m Pack start	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	100m Hurdles track	Discus 750g Girls cage 1 Boys cage 2	Long Jump Pit 1
Long Jump Pit 2	Shot Put 1kg Blue Girls - Circle 3 Boys - Circle 4	70m Straight track	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	800m	Long Jump Pit 1	Discus 750g Girls cage 1 Boys cage 2	Long Jump Pit 1
Long Jump Pit 2	Long Jump Pit 2	Shot Put 1.5kg Yellow Girls - Circle 3 Boys - Circle 4	70m Straight track	400m	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	Long Jump Pit 1	800m
50m	Long Jump Pit 2	Shot Put 1.5kg Yellow Girls - Circle 3 Boys - Circle 4	400m	100m Hurdles track	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	800m	Long Jump Pit 1	Discus 1kg (17B 1.5kg) Cage's 1 & 2
								Discus 1kg (17B 1.5kg) Cage's 1 & 2