

**PROGRAM 1 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+
					Javelin 5:15pm	High Jump 5:15pm	Long jump 5:15pm	Long jump 5:15pm
200m Pack Start	Long Jump Pit 2	70m Straight Track	Discus 500g Boys cage 3 Girls cage 2	Shot Put 2kg Orange Girls - Circle 3 Boys - Circle 4	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	100m Hurdles track	300m Hurdles 76cm
50m Straight track	Long Jump Pit 2	700m Pack start	Discus 500g Boys cage 3 Girls cage 2	Shot Put 2kg Orange Girls - Circle 3 Boys - Circle 4	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	200m Hurdles 76cm	100m Hurdles track
Long Jump Pit 2	70m Straight track	Discus 500g Boys cage 3 Girls cage 2	800m	70m Straight Track	200m	100m Hurdles track	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 3 Girls cage 2	70m Straight track	800m	100m Hurdles track	200m	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	200m	High Jump S/Mats	Long Jump Pit 1	1500m as available anytime after last 800	1500m as available anytime after last 800	Shot Put 3kg Girls - Circle 1 Boys - Circle 2	High Jump Mat 1 - <110cm Mat 2 - >140cm
Discus Cricket Nets	200m	Long Jump Pit 2	High Jump S/Mats	Long Jump Pit 1	Long Jump Pit 1	Discus 750g	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	Long Jump Pit 1	Discus 750g	1500m	1500m