

**PROGRAM 3 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+
						Triple Jump 5:15pm	High jump 5:15pm	Javelin 5:15pm
100m Straight track	Discus 350g Girls - cage 2 Long Jump Boys Pit 2	700m Pack start	Shot Put 2kg Orange Girls - Circle 3 Boys - Circle 4	Long Jump Pit 1	400m	High Jump Girls Discus 750g Boys - Cage 3	100m Straight track (after U6)	110m H (16B+) 76cm 100m H (14B,15B,16G+) 76cm 90m H (14G,15G) 76cm
Long Jump Pit 2	Discus 350g Girls - cage 2 Long Jump Boys Pit 2	200m	Shot Put 2kg Orange Girls - Circle 3 Boys - Circle 4	Long Jump Pit 1	High Jump Girls Discus 500g Boys - Cage 2	High Jump Girls Discus 750g Boys - Cage 3	90m Hurdles 76cm Boys 80m Hurdles 76cm Girls	200m
Long Jump Pit 2	500m Pack start	High Jump - Girls S/mats Flexibar) Shot Put - Boys Circle 3 - 1.5kg	100m Straight track	200m	High Jump Girls Discus 500g Boys - Cage 2	80m Hurdles 68cm	Long Jump Pit 1	Discus 1kg (17B 1.5kg) Cage's 2 & 3
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	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	80m Hurdles 60cm	800m	Long Jump Pit 1	Discus 1kg (17B 1.5kg) Cage's 2 & 3
Shot Put 500g pink Girls - Circle 3 Boys - Circle 4	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	100m Straight track	High Jump Boys Discus 750g Girls - Cage 3	400m	100m Straight track
300m pack start	Discus 350g Boys - cage 2 Long Jump Girls Pit 2	High Jump - Boys S/mats Flexibar) Shot Put - Girls Circle 3 - 1.5kg	60m Hurdles 45cm	60m Hurdles 60cm	High Jump Boys Discus 500g Girls - Cage 2	High Jump Boys Discus 750g Girls - Cage 3	Shot Put 3kg Girls - Circle 1 Boys - Circle 2	Triple Jump
		60m Hurdles 45cm	400m	100m Straight track	High Jump Boys Discus 500g Girls - Cage 2	100m Straight track	Shot Put 3kg Girls - Circle 1 Boys - Circle 2	Triple Jump
							3000m Option to nominate for 3000m walk (13's - 17's)	3000m Option to nominate for 3000m walk (13's - 17's)