

PROGRAM ONE 2026/2027



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

6	7	8	9	10	11	12	13	14+
					High Jump 5:15pm	High Jump 5:15pm	Triple Jump 5:15pm	Javelin 5:15pm
70m Straight track	Long Jump Girls - Pit 2 Shot Put 1kg Boys - Circle 3	High Jump Girls (scissor /flexibar) Shot Put 1.5kg Boys - Circle 3	Long Jump Girls - Pit 2 Discus 500g Boys - Cage 2	Long Jump Boys - Pit 1 Shot Put 2kg Girls - Circle 1	200m	80m Hurdles 68cm	800m	Triple Jump Boys - Pit 1 Discus 1kg Girls - Cage 3 START 5:45PM
Mini Hurdles Hurdles track spare lanes					80m Hurdles 60cm	400m	High Jump Girls Discus 750g Boys - Cage 3	800m (before walks)
Long Jump Girls - Pit 2 Discus 350g Boys - Cricket Nets	Long Jump Boys - Pit 2 Shot Put 1kg Girls - Circle 3	70m Straight track	700m Walk	60m Hurdles 60cm	Triple Jump Girls - Pit 1 Discus 500g Boys - Cage 2	Triple Jump Girls - Pit 1 Shot Put 2kg Boys - Circle 1		100m Straight track
		200m	60m Hurdles 45cm	1100m Walk			100m	Triple Jump Girls - Pit 1 Discus (16/17B 1.5kg) Boys - Cage 3
Long Jump Boys - Pit 2 Discus 350g Girls - Cricket Nets	70m Straight track	60m Hurdles 45cm	Long Jump Boys - Pit 2 Discus 500g Girls - Cage 2	Long Jump Girls - Pit 1 Shot Put 2kg Boys - Circle 1	1100m Walk	Triple Jump Boys - Pit 1 Shot Put 2kg Girls - Circle 2	200m	
	200m	High Jump Boys (scissor/ flexibar) Shot Put 1.5kg Girls - Circle 3			100m Straight track		High Jump Boys Discus 750g Girls - Cage 3	Shot Put Circles 1 & 2 Boys & girls
(Note: mini hurdles results are not recorded for U6. Practice only)			200m	100m Straight track	Triple Jump Boys - Pit 1 Discus 500g Girls - Cage 2	100m Straight track before U10		
(Note: discus results are not recorded for U6. Practice only)		(Note: high jump results are not recorded for U8. Practice only)				1500m Walk (any time available after 1100m walk)	1500m Walk (any time available after 1100m walk)	1500m Walk (any time available after 1100m walk)