

PROGRAM ONE (1) 2026/2027



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

6	7	8	9	10	11	12	13	14+	
					Javelin 5:15pm	Javelin 5:15pm	High Jump 5:15pm	Long Jump 5:15pm	
Shot Put 1kg Boys - Circle 4 Long Jump Girls - Pit 2	500m Pack start	100m Hurdles track	High Jump Girls (scissor) Shot Put 2kg Boys - Circle 3	Long Jump Boys Pit 1 Discus 500g Girls - Cage 2	High Jump Boys (Flop Mats) Shot Put 2kg Girls - Circle 2	Long Jump Girls - Pit 1 Discus 750g Boys - Cage 3	100m Straight track	300m Hurdles 76cm	
	100m Hurdles track	700m Pack start					200m Hurdles 76cm	100m Straight track	
200m Pack start	Shot Put 1kg Boys - Circle 4 Long Jump Girls - Pit 2	Long Jump Boys - Pit 2 Discus 500g Girls - Cage 2	100m Hurdles track	100m Straight track	200m	100m Straight track	Triple Jump Girls Pit 1 Shot Put 3kg Boys -Circle 1	High Jump Boys - Flop Mats Discus 1kg (16/17B 1.5kg) Girls - Cage 3	
Shot Put 1kg Girls - Circle 3 Long Jump Boys - Pit 2			800m	200m	High Jump Girls (Flop Mats) Shot Put 2kg Boys - Circle 2	Long Jump Boys - Pit 1 Discus 750g Girls - Cage 3			Triple Jump Boys Pit 1 Shot Put 3kg Girls - Circle 1
		Mini Hurdles Hurdles track spare lanes	70m Straight track	High Jump Boys (scissor) Shot Put 2kg Circle 3			Long Jump Girls Pit 1 Discus 500g Boys - Cage 2	800m	
100m Hurdles track	Shot Put 1kg Girls - Circle 4 Long Jump Boys - Pit 2	Long Jump Girls - Pit 2 Discus 500g Boys - Cage 2	70m Straight track	70m Straight track	100m Hurdles track	800m	200m	High Jump Girls - Flop Mats Discus 1kg Boys - Cage 3	
	(Note: mini hurdles results are not recorded for U7. Practice only)							3000m (Or nominate for 3000m walk)	3000m (Or nominate for 3000m walk)