

PROGRAM TWO (2) 2026/2027



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

6	7	8	9	10	11	12	13	14+
					High Jump/Walk 5:15pm	High Jump / Walk 5:15pm	Triple Jump/ Walk 5:15pm	Javelin / Walk 5:15pm
Long Jump Girls - Pit 2 Discus 350g Boys - Cricket Nets	Long Jump Girls - Pit 2 Shot Put 1kg Boys - Circle 3	High Jump Girls (scissor /flexibar) Shot Put 1.5kg Boys - Circle 3	700m Walk	Long Jump Boys - Pit 1 Shot Put 2kg Girls - Circle 1	200m	80m Hurdles 68cm	800m Before walk Girls and Boys to run together	Triple Jump Boys - Pit 1 Discus 1kg Girls - Cage 3
			Long Jump Girls - Pit 2 Discus 500g Boys - Cage 2		80m Hurdles 60cm	400m	High Jump Girls Discus 750g Boys - Cage 3	200m
Mini Hurdles (hurdles track)	Long Jump Boys - Pit 2 Shot Put 1kg Girls - Circle 3	70m Straight track	Long Jump Girls - Pit 2 Discus 500g Boys - Cage 2	1100m Walk	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	60m Hurdles 60cm			100m Straight Track	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	800m	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)				800m	Shot Put Circles 1 & 2 Boys & girls	800m