

PROGRAM THREE 2026/2027



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

6	7	8	9	10	11	12	13	14+
					Triple Jump 5:15pm	Triple Jump 5:15pm	Javelin 5:15pm	High Jump 5:15pm
Shot Put 500g Boys - Circle 4 Discus 350g Girls - Cricket Nets	Long Jump Girls - Pit 2 Discus 350g Boys - Cage 2	Long Jump Girls - Pit 2 Shot Put 1.5kg Boys - Circle 3	400m	High Jump Boys (scissor) Shot Put 2kg Girls - Circle 1	Long Jump Girls - Pit 1 Discus 500g Boys - Cage 3	High Jump Girls (Flop Mats) Shot Put 2kg Boys - Circle 2	100m Straight track	100m Hurdles 76cm 90m Hurdles (14G,15G only) 76cm
			Shot Put 2kg Boys - Circle 4 Long Jump Girls - Pit 2				90m Hurdles 76cm Boys 80m Hurdles 76cm Girls	400m
50m Straight track	Long Jump Boys - Pit 2 Discus 350g Girls - Cage 2	100m Straight track		800m	400m	80m Hurdles 68cm	Long Jump Boys - Pit 1 Discus 750g Girls - Cage 3	Long Jump Girls Pit 1 Shot Put 3kg Boys - Circle 2
Shot Put 500g Girls - Circle 4 Discus 350g Boys - Cricket Nets		400m Pack start Inner Track	Shot Put 2kg Girls - Circle 4 Long Jump Boys - Pit 2	High Jump Girls (scissor) Shot Put 2kg Boys - Circle 1	80m Hurdles 60cm	100m Straight track		
	50m Straight track	Shot Put 1.5kg Girls - Circle 3 Long Jump Boys - Pit 2			Long Jump Boys - Pit 1 Discus 500g Girls - Cage 2	High Jump Boys (Flop Mats) Shot Put 2kg Girls - Circle 1	400m	100m Straight track
300m Pack start	100m Straight track		100m Straight track	60m Hurdles 60cm			Long Jump Girls - Pit 1 Discus 750g Boys - Cage 3	Long Jump Boys Pit 1 Shot Put 3kg Girls - Circle 2
			60m Hurdles 45cm	400m	1500m	1500m		
(Note: discus results are not recorded for U6. Practice only)							1500m	1500m