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**	**High Jump** **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	**Triple 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	**Triple Jump** Boys - Pit 1 **Discus 750g** Girls - Cage 3		
	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			**Triple Jump** Boys Pit 1 **Shot Put 3kg** Girls - Circle 1	**200m**
100m Hurdles track	**Shot Put 1kg** Girls - Circle 4 **Long Jump** Boys - Pit 2	**Long Jump** Girls - Pit 2 **Discus 500g** Boys - Cage 2			**800m**	**200m**		**High Jump** Girls - Flop Mats **Discus 1kg** Boys - Cage 3
			70m Straight track	**70m** Straight track	**100m** Hurdles track	**800m**	**200m**	
	(Note: mini hurdles results are not recorded for U7. Practice only)						**3000m** (Or nominate for 3000m walk)	**3000m** (Or nominate for 3000m walk)