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	**Triple 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 9s walks Girls/Boys Combine	**Triple Jump** Boys - Pit 1 **Discus 1kg** Girls - Cage 3
			Long Jump Girls - Pit 2 **Discus 500g** Boys - Cage 2		**80m Hurdles** 60cm	**400m** Before 14+ 200m	**High Jump** Boys **Discus 750g** Girls - Cage 3	
Mini Hurdles (hurdles track)	**Long Jump** Boys - Pit 2 **Shot Put 1kg** Girls - Circle 3	**70m** Straight track		**1100m Walk**	**Triple Jump** Girls - Pit 1 **Discus 500g** Boys - Cage 2	**Long Jump** Girls - Pit 1 **Shot Put 2kg** Boys - Circle 1		**200m** After 12s 400m
		200m	**60m Hurdles** 45cm	**60m Hurdles**			**100m** Straight track	**100m** Straight track
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	**100m** Straight track	**Long Jump** Boys - Pit 1 **Shot Put 2kg** Girls - Circle 2	**200m**	**Triple Jump** Girls - Pit 1 **Discus** (16/17B 1.5kg) Boys - Cage 3
	200m	**High Jump** Boys (scissor/ flexibar) **Shot Put 1.5kg** Girls - Circle 3			**800m**		**High Jump** Girls **Discus 750g** Boys - Cage 3	
(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		**Shot Put** Circles 1 & 2 **Boys & girls**
(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**

Note: Boys and Girls can combine for walks, max number per group = 30