PROGRAM THREE (3) 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	Javelin 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**