

COMBINED EVENT PROGRAM

Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls	Under 10 Boys	Under 10 Girls	Under 11 Boys	Under 11 Girls	Under 12 Boys	Under 12 Girls	Under 13 Girls	Open Boys	Open Girls
Warm UP																
Discus (DS1a)	Shot Put (DS2a)	Long Jump (JP1)	Long Jump (JP1a)	60mH 45cm Back		60mH 45cm Back		60mH 60cm Back		Discus (DS2)	Long Jump (JP2)	High Jump 2 Maximum 8 Jumps	80mH 68cm Front	80mH 76cm Front	100mH (U15B,16B) 90mH (U16G,U15G,U14B) 80mH (U14G,U13)	
				Long Jump (JP4)	Shot Put (SP3)	Discus (DS2a)	Long Jump (JP4a)	Long Jump (JP3)	Shot Put (SP2)						80mH 68cm Front	Shot Put (SP1)
60mH 20cm Back		60mH 30cm Back								80mH 60cm Front	80mH 60cm Front					
Long Jump (JP1)	Long Jump (JP1a)	Discus (DS1a)	Shot Put (Ds2a)	100m Front	100m Front	100m Front	100m Front	100m Front	100m Front			800m Back/Circ	800m Back/Circ	800m Back/Circ	800m Back/Circ	Shot Put (SP1)
										Discus (DS2a)	Long Jump (JP4)					
70m Back	70m Back	70m Back	70m Back	800m Back/Circ												
					200m Circ	200m Circ	400m Circ	400m Circ	800m Back/Circ	800m Back/Circ	800m Back/Circ	800m Back/Circ	100m Front	100m Front	100m Front	100m Front
400m Circ	400m Circ	800m Back/Circ	800m Back/Circ	100m Front												
					Wrap UP											

Hurdle Information															
	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	U14 Girls	U14 Boys	U15/16 G	U15/16B/17G	U17 Boys		
Distance	60mH	60mH	60mH	60mH	60mH	80mH	80mH	80mH	80mH	90mH	90mH	100mH	110mH	Distance	
Height	20cm	30cm	45cm	45cm	60cm	60cm	68cm	76cm	76cm	76cm	76cm	76cm	76cm	Height	
Colour	Red	Red	Red	Red	Red	Black	Black	Black	Black	White	White	Yellow	Blue	Colour	
Number	6	6	6	6	6	9	9	9	9	9	9	10	10	Number	