

PROGRAM 12

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	Open Boys	Open Girls
Warm UP															
Shot Put (DS1a)	Discus (DS2a)	Long Jump (JP1)	Long Jump (JP1a)	Turbo Jav (VT1)	Turbo Jav (TJ1)	Long Jump (JP3)	Shot Put (SP2)	100m	100m					400m Back	400m Back
										100m	100m				
								Discus (DS2)	Long Jump (JP2)	Shot Put (SP1)	Long Jump (JP1)	Discus (DS1)	High Jump (HJ1)	Triple Jump (JP4)	Javelin (JV1)
				100m	100m										
100m	100m	100m	100m			100m	100m								
Long Jump (JP1)	Long Jump (JP1a)	Shot Put (DS1a)	Discus (DS2a)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Shot Put (SP2)	Long Jump (JP3)	200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish				
												200m Back Finish	200m Back Finish	100m	100m
								Long Jump (JP2)	Discus (DS2)	Long Jump (JP1)	Shot Put (SP1)	High Jump (HJ1)	Discus (DS1)	Javelin (JV1)	Triple Jump (JP4)
200m Back Finish	200m Back Finish			200m Back Finish	200m Back Finish										
		200m Back Finish	200m Back Finish			200m Back Finish	200m Back Finish								
				70m Front	70m Front			70m Front	70m Front						
70m Back	70m Back					70m Front	70m Front			70m Front	70m Front			70m Front	70m Front
		70m Back	70m Back									70m Front	70m Front		
Wrap UP															