

PROGRAM Peninsula Challenge

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															
70m Back	70m Back			70m Back	70m Back			100m	100m					800m Circ	800m Circ
		70m Back	70m Back							100m	100m	100m	100m		
Long Jump (JP1)	Long Jump (JP1a)	Shot Put (Ds1a)	Shot Put (Ds2a)	Scissor Jump (SJ2)	Discus (DS2)	70m Back	70m Back	Scissor Jump (SJ1)	Shot Put (SP3)	Shot Put (SP1)	Shot Put (SP2)	Triple Jump (JP1)	Discus (DS1)	Javelin (JV1)	Triple Jump (JP4)
60mH 20cm Back	60mH 20cm Back							200m	200m						
		60mH 30cm Back	60mH 30cm Back	200m Back Finish	200m Back Finish					200m	200m			200m	200m
Shot Put (Ds1a)	Shot Put (Ds2a)	Long Jump (JP1)	Long Jump (JP1a)	Shot Put (SP3)	Scissor Jump (SJ2)	200m Back Finish	200m Back Finish	Shot Put (SP2)	Scissor Jump (SJ1)	High Jump (HJ1)	High Jump (HJ2)	Shot Put (SP1)	Triple Jump (JP1)	Triple Jump (JP4)	Javelin (JV1)
100m Back	100m Back														
				100m Back	100m Back			70m Front	70m Front						
		100m Back	100m Back							800m Circ	800m Circ	800m Circ	800m Circ	100m	100m
						100m	100m								
Wrap UP															