

PROGRAM 4

Under 6 Girls	Under 6 Boys	Under 7 Girls	Under 7 Boys	Under 8 Girls	Under 8 Boys	Under 9 Girls	Under 9 Boys	Under 10 Girls	Under 10 Boys	Under 11 Girls	Under 11 Boys	Under 12 Girls	Under 12 Boys	Under 13 Girls	Under 13 Boys	Open Girls	Open Boys
Warm UP																	
Discus (DS1a)	Discus (DS2a)	Long Jump (JP1A)	Long Jump (JP1)	TurboJav (VT1)	TurboJav (TJAV1)	60mH 45cm Back	60mH 45cm Back	60mH 60cm Back	60mH 60cm Back	Triple Jump (JP4)	Javelin (JV1)	80mH 68cm Front	80mH 68cm Front	Hurdles Refer Chart Below	Hurdles Refer Chart Below	Hurdles Refer Chart Below	Hurdles Refer Chart Below
						Discus (DS1)	Discus (DS2)	Shot Put (SP3)	Long Jump (JP3)			Long Jump (JP1)	Long Jump (JP2)	Shot Put (SP1)	Shot Put (SP2)	High Jump (HJ1)	High Jump (HJ2)
200m Back Finish	200m Back Finish			60mH 45cm Back	60mH 45cm Back												
		200m Back Finish	200m Back Finish							80mH 60cm Front	80mH 60cm Front						
OnTrack	OnTrack	Discus (DS1a)	Discus (DS2a)	100m	100m												
						100m	100m	100m	100m	100m	100m					100m	100m
												100m	100m	100m	100m		
				Scissor Jump (SJ1)	Scissor Jump (SJ2)												
60mH Back (20cm Height)	60mH Back (20cm Height)	60mH Back (30cm Height)	60mH Back (30cm Height)			Long Jump (JP1)	Long Jump (JP2)	Long Jump (JP3)	Shot Put (SP3)	Javelin (JV1)	Triple Jump (JP4)	Discus (DS2)	Discus (DS1)	High Jump (HJ1)	High Jump (HJ2)	Shot Put (SP1)	Shot Put (SP2)
70m Front	70m Front																
		70m Front	70m Front														
				400m Back	400m Back			800m Back	800m Back								
						800m Back	800m Back										
										70m Front	70m Front					70m Front	70m Front
												70m Front	70m Front	70m Front	70m 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	U15/16 B	U17 G	U17 B	
Distance	60mH	60mH	60mH	60mH	60mH	80mH	80mH	80mH	80mH	90mH	90mH	100mH	100mH	110mH	Distance
Height	20cm	30cm	45cm	45cm	60cm	60cm	68cm	76cm	76cm	76cm	76cm	76cm	76cm	76cm	Height
Colour	Red	Red	Red	Red	Red	Black	Black	Black	Black	White	White	Yellow	Yellow	Blue	Colour
Number	6	6	6	6	6	9	9	9	9	9	9	10	10	10	Number