

# PROGRAM 1

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	Open Girls	Open Boys
Warm UP															
OnTrack	OnTrack	Discus (DS1a)	Discus (DS2a)					100m	100m	Triple Jump (JP4)	Javelin (JV1)	Long Jump (JP3)	Shot Put (SP1)	Discus (DS2)	Discus (DS1)
				100m	100m	100m	100m	Scissor Jump (SJ1)	Scissor Jump (SJ2)						
70m Back	70m Back			Long Jump (JP1)	Long Jump (JP2)	TurboJav (VT1)	TurboJav (TJAV1)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Triple Jump (JP4)	Javelin (JV1)	Long Jump (JP3)	Shot Put (SP1)	Discus (DS2)	Discus (DS1)
	70m Back	70m Back	100m												
Discus (DS1a)	Discus (DS2a)	OnTrack	OnTrack					200m	200m	Triple Jump (JP4)	Javelin (JV1)	Long Jump (JP3)	Shot Put (SP1)	Discus (DS2)	Discus (DS1)
				100m	100m	100m	100m	Scissor Jump (SJ1)	Scissor Jump (SJ2)						
Long Jump (JP1)	Long Jump (JP2)	Long Jump (JP3)	Long Jump (JP4)	TurboJav (VT1)	TurboJav (TJAV1)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Discus (DS2)	Discus (DS1)	Triple Jump (JP4)	Javelin (JV1)	Long Jump (JP3)	Shot Put (SP1)	Discus (DS2)	Discus (DS1)
										400m Back	400m Back			400m Back	400m Back
Wrap UP															