

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	Open Boys	Open Girls
Warm UP															
Discus (DS1a)	Discus (DS2a)	Long Jump (JP1)	Long Jump (JP2)	60mH 45cm Back		60mH 45cm Back		60mH 60cm Back		80mH 60cm Front		80mH 68cm Front		100mH (U15B,16B) 90mH (U16G,U15G,U14B) 80mH (U14G,U13)	
				Discus (DS1)	Shot Put (SP1)	Discus (DS2)	Shot Put (SP2)	Long Jump (JP3)	Long Jump (JP4)	Discus (DS1)	Shot Put (SP1)	Discus (DS2)	High Jump Maximum 8 Jumps	Discus (DS1)	High Jump Maximum 8 Jumps
60mH 20cm Back		60mH 30cm Back													
Long Jump (JP1)	Long Jump (JP2)	Discus (DS1a)	Discus (DS2a)	Long Jump (JP1)	Long Jump (JP2)	Long Jump (JP3)	Long Jump (JP4)	Discus (DS2)	Shot Put (SP1)	Long Jump (JP3)	Long Jump (JP4)	High Jump Maximum 8 Jumps	Shot Put (SP2)	High Jump Maximum 8 Jumps	Shot Put (SP1)
400m Back	400m Back	400m Back	400m Back	400m Back	400m Back	800m Back	800m Back	100m Front	100m Front	100m Front	100m Front				
												400m Back	400m Back	400m Back	400m Back
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	
Distance	60mH	60mH	60mH	60mH	60mH	80mH	80mH	80mH	80mH	90mH	90mH	100mH	Distance
Height	20cm	30cm	45cm	45cm	60cm	60cm	68cm	76cm	76cm	76cm	76cm	76cm	Height
Colour	Red	Red	Red	Red	Red	Black	Black	Black	Black	White	White	Yellow	Colour
Number	6	6	6	6	6	9	9	9	9	9	9	10	Number