

PROGRAM A

Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		MIXED	
GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	U14+ Girls	U14+ Boys
0815				0800						0745				0730			
														200m Hurdles	200m Hurdles	200/300m Hurdles	200/300m Hurdles
										Long Jump	Long Jump	Javelin	Javelin	1500m	1500m	1500m	1500m
				Long Jump	Long Jump	High Jump (S)	High Jump (S)	Shot Put	Shot Put	1500m	1500m	1500m	1500m	High Jump (F)	High Jump (F)	Triple Jump	Triple Jump
100m	100m	Discus	Discus	100m	100m			100m	100m	100m	100m	Shot Put	Shot Put			100m	100m
Long Jump	Long Jump	100m	100m	Shot Put	Shot Put	200m	200m	Turbo	Turbo	High Jump (F)	High Jump (F)	100m	100m	100m	100m	Discus	Discus
Discus	Discus	200m	200m	200m	200m	Turbo	Turbo	200m	200m			Triple Jump	Triple Jump	Long Jump	Long Jump	400m	400m
		Shot Put	Shot Put			100m	100m	Long Jump	Long Jump	Discus	Discus	400m	400m	400m	400m	Javelin	Javelin
mini hurdles	mini hurdles	mini hurdles	mini hurdles			Shot Put	Shot Put	400m	400m	400m	400m			Javelin	Javelin		
						400m	400m										