PROGRAM 4

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 11/12 Boys	Under 11/12 Girls	Open Boys	Open Girls
Warm UP	Warm UP	Warm UP	Warm UP	Warm UP	Warm UP	Warm UP	Warm UP	Warm UP	Warm UP	Warm UP	Warm UP	Warm UP	Warm UP
OnTrack	Shot Put 2	Long Jump 1	Long Jump 3	TurboJav 1	TurboJav 2	800m Front	800m Front	800m Front	800m Front	80mH (U12 68cm, U11 60cm)	80mH (U12 68cm, U11 60cm)	100mH (U15B) 90mH (U15G,U14B) 80mH (U14G, U13)	90mH (U15G,U14B) 80mH (U14G, U13)
200m	200m	200m	200m	80mH 45cm	80mH 45cm	80mH 45cm	80mH 45cm	80mH 60cm	80mH 60cm	Long Jump 3	Long Jump 2	High Jump 1	High Jump 2
Shot Put 2	OnTrack	Discus 1a	Discus 2a	400m Curved	400m Curved	Discus 1	Discus 2	Shot Put 1	Shot Put 3			400m Curved	400m Curved
				Long Jump 2	Long Jump 1			100m	100m	100m	100m	Shot Put 3	Shot Put 4
						100m	100m	Long Jump 1	Long Jump 3	Discus 1	Discus 2		
60mH - Back	60mH - Back	60mH - Back	60mH - Back		100m	High Jump 2	High Jump 1					100m	100m
				100m						70m Front	70m Front		
70m Back	70m Back	70m Back	70m Back										
Wrap UP	Wrap UP	Wrap UP	Wrap UP	Wrap UP	Wrap UP	Wrap UP	Wrap UP	Wrap UP	Wrap UP	Wrap UP	Wrap UP	Wrap UP	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 Girls	U15/16 B	
Distance	60mH	60mH	80mH	80mH	80mH	80mH	80mH	80mH	80mH	90mH	90mH	100mH	Distance
Height	45cm	45cm	45cm	45cm	60cm	60cm	68cm	76cm	76cm	76cm	76cm	76cm	Height
Number	6	6	9	9	9	9	9	9	9	9	9	10	Number