

Program	Approx. Time	6 M	6 F	7 M	7 F	8 M	8 F	9 M	9 F	10 M	10 F	11 M	11 F	12 M	12 F	13 M	13 F	14 M	14 F	15-17 M	15-17 F		
P1	9:00	FJ	LJ	60H	60H	60H	60H	60H	60H	200	200	200	200	SP	DISC	LJ	HJ	JAV	SP	200	200		
	9:25	200	200	SP	DISC	LJ	SJ	200	200	60H	60H	60H	60H	200	200	200	200	200	200	HJ	LJ		
	9:50	SP	V	200	200	200	200	LJ	DISC	V	LJ	HJ	DISC	60H	60H	80H	80H	TJ	80H	100H	90H		
	10:15	100	100	70	70	DISC	SP	800	800	800	SP	800	800	HJ	LJ	DISC	800	90H	800	JAV	JAV		
	10:40								DISC	SJ	LJ	800	SP	LJ	800	800	800	SP	800	HJ	100	100	
																				800	800		
P2	9:00	V	FJ	100	100	SP	DISC	70	70	70	70	JAV	100	TJ	TJ	1500W	1500W	1500W	1500W	1500W	1500W		
	9:25	300	300	FJ	LJ	100	100	SJ	LJ	DISC	V	100	HJ	1500W	1500W	SP	TJ	100	JAV	DISC	SP		
	9:50	LJ	50	500	SP	400W	400W	SP	100	100	100	LJ	400	100	100	100	DISC	100	100	100	100		
	10:15	50	DISC	DISC	500	SJ	LJ	100	V	SJ	400	400	SP	400	400	HJ	400	400	TJ	SP	HJ		
	10:40								400	400	400	SJ	1500	1500	JAV	SP	400	DISC	LJ	400	400	400	
																				LJ	DISC		
P3	9:00	70	70	60H	60H	60H	60H	60H	60H	1100W	1100W	1100W	1100W	200	HJ	JAV	200	200	LJ	200	SP		
	9:25	DISC	LJ	V	FJ	LJ	SP	700W	700W	60H	60H	60H	60H	DISC	200	200	JAV	SP	200	TJ	200		
	9:50	100	100	LJ	V	DISC	SJ	200	200	200	200	200	TJ	60H	60H	1500	LJ	1500	DISC	100H	90H		
	10:15	FJ	SP	70	70	100	100	SJ	SP	LJ	LJ	DISC	200	1500	JAV	TJ	1500	HJ	1500	SP	1500		
	10:40								100	100	800	800	HJ	JAV	LJ	1500	200H	200H	200H	200H	1500	TJ	
																				300H	300H		
P4	9:00	LJ	FJ	100	LJ	V	100	100	SJ	SP	100	TJ	HJ	SP	DISC	DISC	800	800	800	JAV	800		
	9:25	200	200	200	200	700	V	DISC	100	100	SJ	100	100	100	100	800	SP	JAV	SP	800	LJ		
	9:50	V	70	SP	DISC	SJ	700	LJ	400	SJ	400	DISC	800	JAV	LJ	100	100	100	HJ	100	100		
	10:15	70	V	FJ	100	100	LJ	70	LJ	400	70	800	DISC	800	800	LJ	HJ	TJ	100	DISC	JAV		
	10:40								400	70	70	DISC	SP	LJ	HJ	SP	400	400	400	400	HJ	400	
																				400	DISC		
P5	9:00	50	50	60H	60H	60H	60H	60H	60H	200	200	LJ	200	HJ	TJ	1500W	1500W	1500W	1500W	1500W	1500W		
	9:25	SP	DISC	LJ	FJ	SJ	200	SP	DISC	60H	60H	60H	60H	1500W	1500W	200	200	200	JAV	LJ	HJ		
	9:50	FJ	LJ	DISC	SP	400W	400W	200	200	DISC	LJ	200	SP	60H	60H	HJ	TJ	LJ	200	200	200		
	10:15	100	100	70	70	200	LJ	SJ	LJ	800	800	JAV	TJ	200	200	80H	80H	DISC	80H	SP	90H		
	10:40								800	800	LJ	SP	1500	1500	TJ	HJ	JAV	DISC	90H	TJ	100H	400	
																				400	DISC		
P6	9:00	DISC	FJ	V	LJ	LJ	100	100	100	1100W	1100W	1100W	1100W	LJ	100	100	LJ	HJ	DISC	100	JAV		
	9:25	300	300	100	100	SP	SJ	700W	700W	100	SJ	TJ	HJ	100	JAV	SP	100	100	100	DISC	100		
	9:50	LJ	SP	FJ	V	100	DISC	LJ	SJ	SJ	100	100	JAV	400	400	1500	1500	1500	LJ	1500	SP		
	10:15	70	70	500	500	700	700	400	400	SP	DISC	HJ	100	DISC	1500	TJ	JAV	SP	1500	TJ	1500		
	10:40								V	SP	400	400	400	400	1500	HJ	200H	200H	200H	200H	JAV	TJ	
																				300H	300H		

V = VORTEX
FJ = FLEX JUMP
SJ = SCISSOR JUMP
DISCUS RINGS: 6-10 (South) 11-17 (North)
LONG JUMP PITS: 6-10 (North) 11-17 (South)

1	1	1	1
2	2	2	2
2	2	2	2
3	3	3	3