



PROGRAM 1

6	7	8	9	10	11	12	13	14	15+	Seniors
Vortex - Jav 3	Long Jump 3	Shot Put 2	Highjump 1	Discus 2 (Pack Up)	1500m	1500m	1500m	1500m	1500m	800m
300m	300m	500m	700m	700m	Discus 1	Shot Put 1	Long Jump 1	Long Jump 1	High Jump 2	Javelin 1 (Pack Up)
Long Jump 3 (Pack Up)	Vortex - Jav 3 (Pack Up)	High Jump 1 (Pack Up)	Shot Put 2 (Pack Up)	Standing Triple Jump 4 (Pack Up)	60m	60m	60m	60m	60m	60m
70m	70m	70m	70m	70m	High Jump 2 (Pack Up)	Long Jump 1 (Pack Up)	Shot Put 1 (Pack Up)	Shot Put 1 (Pack Up)	Discus 1 (Pack Up)	Triple Jump 2 (Pack Up)
							200m Hurdles	200m Hurdles	300m Hurdles	Long Hurdles