



PROGRAM 3

6	7	8	9	10	11	12	13	14	15+	Seniors
60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles	Long Jump 1	Javelin 1	Discus 1	High Jump 2	High Jump 2	TripleJump 2	1500m
Discus 2	Standing Triple Jump 4	Turbo Jav 2	Long Jump 3	60m Hurdles	80m Hurdles	80m Hurdles	80m Hurdles	80/90m Hurdles	90/100/110m Hurdles	100/110m Hurdles
100m	100m	100m	100m	Shot Put 2 (Pack Up)	TripleJump 2 (Pack Up)	High Jump 2 (Pack Up)	Discus 1 (Pack Up)	Discus 1 (Pack Up)	Javelin 1 (Pack Up)	Shot Put 1 (Pack Up)
Standing Triple Jump 4 (Pack Up)	Discus 2 (Pack Up)	Long Jump 3 (Pack Up)	Turbo Jav 2 (Pack Up)	100m	100m	100m	100m	100m	100m	100m
				800m	800m	800m	800m	800m	800m	Long Jump 1 (Pack Up)