

PROGRAM A

Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Under 14+	
Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
										06:50 Marshall 07:00 Start							
										1500m							
										07:15 Marshall 07:30 Start				07:15 Marshall 07:30 Start			
07:45 Marshall 08:00 Start						Shot Put	Shot Put	Long Jump	Long Jump	2nd group 100m	1st group 100m	3rd Group 100m	4th Group 100m	Javelin	Javelin	1st Group Hurdles 200m/300m	2nd Group Hurdles 200m/300m
400m	400m	100m	100m			High Jump	High Jump	Shot Put	Shot Put	Hurdles 200m	Hurdles 200m	Triple Jump	Triple Jump				
100m	100m	Discus	Discus	08:00 Marshall 8:15 Start		Turbo Javelin	Turbo Javelin	Shot Put	Shot Put	400m	400m	400m	400m	400m	400m	400m	400m
Long Jump	Long Jump	100m	100m	Long Jump	Long Jump	100m	100m	400m	400m	400m	400m	Javelin	Javelin	High Jump	High Jump	Discus	Discus
Discus	Discus	Shot Put	Shot Put	100m	100m	200m	200m	Turbo Javelin	Turbo Javelin	Discus	Discus	Triple Jump	Triple Jump	High Jump	High Jump	100m	100m
Mini Hurdles	Mini Hurdles	200m	200m	Shot Put	Shot Put			200m	200m	Long Jump	Long Jump			100m	100m	Javelin	Javelin
		Mini Hurdles	Mini Hurdles	200m	200m					Long Jump	Long Jump			Long Jump	Long Jump		