



2020 / 2021

**PROGRAM 1 - White**

AGE	GROUP	EVENTS				
		1	2	3	4	5
6	Boys	Shot Put 500g Pink	70m	Long Jump	100m	U6 Boys & Girls northern end of pit, mat 0.5m from edge of pit
	Girls	Shot Put 500g Pink	70m	Long Jump	100m	
7	Boys	70m	100m	Shot Put 1kg Blue		
	Girls	70m	100m	Shot Put 1kg Blue		
8	Boys	Long Jump	400m	100m		
	Girls	Long Jump	400m	100m		
9	Boys	Discus 500g	70m	High Jump		
	Girls	High Jump	70m	Discus 500g		
10	Boys	Discus 500g	100m	Long Jump		
	Girls	Discus 500g	100m	Long Jump		
11	Boys	Triple Jump	Discus 500g	100m	400m	
	Girls	Triple Jump	Discus 500g	100m	400m	
12	Boys	High Jump	200m	400m	Discus 750g	
	Girls	High Jump	200m	400m	Discus 750g	
13	Boys	200m Hurdles	400m	High Jump	Javelin 600g	1500m
	Girls	200m Hurdles	400m	Javelin 400g	High Jump	1500m
14	Boys	200m Hurdles	400m	Triple Jump	Shot Put 3kg white	1500m
	Girls	200m Hurdles	400m	Triple Jump	Shot Put 3kg white	1500m
15	Boys	300m Hurdles	Javelin 700g	400m	Triple Jump	1500m
	Girls	300m Hurdles	Javelin 500g	400m	Triple Jump	1500m
16, 17	Boys	300m Hurdles	Javelin 700g	400m	Triple Jump	1500m
	Girls	300m Hurdles	Javelin 500g	400m	Triple Jump	1500m

Age Managers please try and complete in Program Order.