

<b>Program A</b>					
<b>Tiny Tots</b>	<b>Play Training</b>				
<b>Under 6 Boys</b>	<b>70m Run</b>	<b>Shot Put</b>	<b>300m Pack</b>	<b>Step Hurdles</b>	
<b>Under 6 Girls</b>	<b>Step Hurdles</b>	<b>100m Run</b>	<b>Shot Put</b>	<b>200m Run</b>	
<b>Under 7 Boys</b>	<b>Shot Put</b>	<b>500m Pack</b>	<b>Shuttle Relay</b>	<b>100m Run</b>	
<b>Under 7 Girls</b>	<b>Shuttle Relay</b>	<b>70m Run</b>	<b>Shot Put</b>	<b>50m Run</b>	
<b>Under 8 Boys</b>	<b>60m Hurdles</b>	<b>100m Run</b>	<b>Shot Put</b>	<b>400m Run</b>	
<b>Under 8 Girls</b>	<b>Discus (top)</b>	<b>200m Run</b>	<b>400m Run</b>	<b>60m Hurdles</b>	
<b>Under 9 Boys</b>	<b>Shot Put</b>	<b>60m Hurdles</b>	<b>Discus (top)</b>	<b>400m Run</b>	
<b>Under 9 Girls</b>	<b>Long Jump</b>	<b>60m Hurdles</b>	<b>100m Run</b>	<b>200m Run</b>	
<b>Under 10 Boys</b>	<b>Discus (bottom)</b>	<b>100m Run</b>	<b>1500M Run</b>	<b>Long Jump</b>	
<b>Under 10 Girls</b>	<b>High Jump</b>	<b>100m Run</b>	<b>Long Jump</b>	<b>800m Run</b>	
<b>Under 11 Boys</b>	<b>400m Run</b>	<b>1500M Run</b>	<b>Long Jump</b>	<b>200m Run</b>	
<b>Under 11 Girls</b>	<b>Long Jump</b>	<b>200m Run</b>	<b>100m Run</b>	<b>Shot Put</b>	<b>400m Run</b>
<b>Under 12 Boys</b>	<b>100m Run</b>	<b>Turbo Javelin</b>	<b>High Jump</b>	<b>Discus</b>	
<b>Under 12 Girls</b>	<b>High Jump</b>	<b>100m Run</b>	<b>Discus</b>	<b>Turbo Javelin</b>	
<b>Under 13 Boys</b>	<b>800m Run</b>	<b>Javelin</b>	<b>100m Run</b>	<b>Long Jump</b>	<b>3000m Run</b>
<b>Under 13 Girls</b>	<b>Shot Put</b>	<b>800m Run</b>	<b>Long Jump</b>	<b>100m Run</b>	<b>3000m Run</b>
<b>Under 14 Boys</b>	<b>Javelin</b>	<b>Long Jump</b>	<b>800m</b>	<b>100m Run</b>	<b>3000m Run</b>
<b>Under 14 Girls</b>	<b>Javelin</b>	<b>Long Jump</b>	<b>800m</b>	<b>100m Run</b>	<b>3000m Run</b>
<b>Under 15 Boys</b>	<b>800m Run</b>	<b>High Jump</b>	<b>200m Run</b>	<b>Discus</b>	<b>3000m Run</b>
<b>Under 15 Girls</b>	<b>800m Run</b>	<b>High Jump</b>	<b>200m Run</b>	<b>Discus</b>	<b>3000m Run</b>
<b>Under 17 Boys</b>	<b>800m Run</b>	<b>High Jump</b>	<b>200m Run</b>	<b>Discus</b>	<b>3000m Run</b>
<b>Under 17 Girls</b>	<b>800m Run</b>	<b>High Jump</b>	<b>200m Run</b>	<b>Discus</b>	<b>3000m Run</b>