

Program B					
Tiny Tots	Play Training				
Under 6 Boys	Vortex	50m Run	Shot Put	100m Run	
Under 6 Girls	Discus (top)	Vortex	Shuttle Relay	50m Run	
Under 7 Boys	Traing Hurdles	Discus	50m Run	Vortex	
Under 7 Girls	Long Jump	Training Hurdles	Discus	200m Run	
Under 8 Boys	Shot Put	700m Pack	Vortex	70m Run	
Under 8 Girls	Shot Put	100m Run	Long Jump	70m Run	
Under 9 Boys	High Jump	800m Run	Shot Put	100m Run	
Under 9 Girls	Shot Put	800m Run	70m Run	High Jump	
Under 10 Boys	1100m Walk	60m Hurdles	High Jump	200m Run	
Under 10 Girls	60m Hurdles	Shot Put	1500m Run	200m Run	
Under 11 Boys	100m Run	Triple Jump	800m Run	Shot Put	60m Hurdles
Under 11 Girls	1100m Walk	60m Hurdles	Triple Jump	800m Run	
Under 12 Boys	Long Jump	200m Run	Shot Put	800m Run	1500m Walk
Under 12 Girls	Shot Put	200m Run	Long Jump	800m Run	1500m Walk
Under 13 Boys	200m Hurdles	Shot Put	200m Run	1500Walk	Triple Jump
Under 13 Girls	200m Hurdles	Javelin	200m Run	Triple Jump	1500m Walk
Under 14 Boys	200m Hurdles	Shot Put	1500m Walk	Triple Jump	200m
Under 14 Girls	200m Hurdles	Shot Put	1500m Walk	Triple Jump	200m
Under 15 Boys	200m Hurdles	Long Jump	400m Run	Shot Put	1500m Run
Under 15 Girls	200m Hurdles	Long Jump	400m Run	Shot Put	1500m Run
Under 17 Boys	200m Hurdles	Long Jump	400m Run	Shot Put	1500m Run
Under 17 Girls	200m Hurdles	Long Jump	400m Run	Shot Put	1500m Run