

Program C					
Tiny Tots	Play Training				
Under 6 Boys	Discus (top)	200m Run	Long Jump	Shuttle Relay	
Under 6 Girls	Long Jump	300m Pack	Shot Put	70m Run	
Under 7 Boys	Long Jump	70m Run	Shot Put	200m Run	
Under 7 Girls	Shot Put	500m Pack	Vortex	100m Run	
Under 8 Boys	100m Run	Long Jump	200m Run	Discus	
Under 8 Girls	Shot Put	100m Run	700m Pack	Vortex	
Under 9 Boys	70m Run	Long Jump	200m Run	700m Walk	
Under 9 Girls	700m Walk	200m run	Discus (top)	400m Run	
Under 10 Boys	400m Run	Shot Put	70m Run	800m Run	
Under 10 Girls	1100m Walk	Discus (top)	70m Run	400m Run	
Under 11 Boys	High Jump	1100m Walk	Discus	100m Run	
Under 11 Girls	High Jump	100m Run	Discus	1500m Run	
Under 12 Boys	60m Hurdles	Shot Put	1500m Run	Triple Jump	400m Run
Under 12 Girls	60m Hurdles	Shot Put	1500m Run	Triple Jump	400m Run
Under 13 Boys	400m Run	High Jump	1500m Run	Discus	80m Hurdles
Under 13 Girls	Discus	1500m Run	High Jump	400m Run	80m Hurdles
Under 14 Boys	400m Run	Discus	1500m Run	High Jump	90m Hurdles
Under 14 Girls	400m Run	Discus	1500m Run	High Jump	80m Hurdles
Under 15 Boys	Javelin	100m Run	Triple Jump	1500m Walk	100m Hurdles
Under 15 Girls	Javelin	100m Run	Triple Jump	1500m Walk	90m Hurdles
Under 17 Boys	Javelin	100m Run	Triple Jump	1500m Walk	100m Hurdles
Under 17 Girls	Javelin	100m Run	Triple Jump	1500m Walk	90m Hurdles