

Wet Weather Program					
Tiny Tots	Play Training				
Under 6 Boys	Long Jump	70m Run	Shot Put	100m Run	
Under 6 Girls	70m Run	Shot Put	200m Run	Discus	
Under 7 Boys	Shot Put	100m Run	Discus	200m Run	
Under 7 Girls	100m Run	Long Jump	200m Run	Discus	
Under 8 Boys	Shot Put	200m Run	Discus	400m Run	
Under 8 Girls	Discus	200m Run	Long Jump	100m Run	
Under 9 Boys	800m Run	Shot Put	200m Run	Long Jump	
Under 9 Girls	Discus	200m Run	Shot Put	100m Run	
Under 10 Boys	200m Run	Discus	800m Run	Shot Put	100m Run
Under 10 Girls	200m Run	Discus	800m Run	Shot Put	100m Run
Under 11 Boys	Shot Put	800m Run	Long Jump	400m Run	100m Run
Under 11 Girls	Shot Put	800m Run	Long Jump	400m Run	100m Run
Under 12 Boys	Long Jump	100m Run	Shot Put	800m Run	Discus
Under 12 Girls	Long Jump	100m Run	Shot Put	800m Run	Discus
Under 13 Boys	100m Run	Discus	400m Run	Long Jump	Shot Put
Under 13 Girls	100m Run	Discus	400m Run	Long Jump	Shot Put
Under 14 Boys	100m Run	Discus	400m Run	Long Jump	Shot Put
Under 14 Girls	100m Run	Discus	400m Run	Long Jump	Shot Put
Under 15 Boys	800m Run	Long Jump	100m Run	Shot Put	200m Run
Under 15 Girls	800m Run	Long Jump	100m Run	Shot Put	200m Run
Under 17 Boys	800m Run	Long Jump	100m Run	Shot Put	200m Run
Under 17 Girls	800m Run	Long Jump	100m Run	Shot Put	200m Run