PROGRAM 13

Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls	Under 10 Boys	Under 10 Girls	Under 11 Boys	Under 11 Girls	Under 12 Boys	Under 12 Girls	Under 13 Girls	Open Boys	Open Girls
Warm UP																
70m Back	70m Back	70m Back	70m Back	70m Back	70m Back	70m Back	70m Back	100m	100m	100m	100m	100m	100m	800m Circ	800m Circ	800m Circ
Long Jump (JP1)	Long Jump (JP1a)	Shot Put (Ds1a)	Shot Put (Ds2a)	Scissor Jump (SJ2)	Discus (DS2)	Long Jump (JP3)	Long Jump (JP2)	Scissor Jump (SJ1)	Shot Put (SP3)	Shot Put (SP1)	Shot Put (SP2)	Triple Jump (JP1)	Discus (DS1)	100m	Javelin (JV1)	Triple Jump (JP4)
60mH 20cm Back	60mH 20cm Back	60mH 30cm Back	60mH 30cm Back	200m Back Finish	200m Back Finish			200m	200m	200m	200m	200m	200m	Javelin (JV1)	200m	200m
Shot Put (Ds1a)	Shot Put (Ds2a)	Long Jump (JP1)	Long Jump (JP1a)	Shot Put (SP3)	Scissor Jump (SJ2)	200m Back Finish	200m Back Finish	Shot Put (SP2)	Scissor Jump (SJ1)	High Jump (HJ1)	High Jump (HJ2)	Shot Put (SP1)	Triple Jump (JP3)	200m	Triple Jump (JP4)	Javelin (JV1)
100m Back	100m Back	100m Back	100m Back	100m Back	100m Back	TurboJav (Tjav1)	TurboJav (VT1)	70m Front	70m Front	800m Circ	800m Circ	800m Circ	800m Circ	Triple Jump (JP2)	100m	100m
						100m	100m									
Wrap UP																