

## PROGRAM 2019/2020

### PROGRAM 1

U6	U7	U8	U9	U10	U11 - 12	U13 - 16
70M		70M	70M			
	100M		100M	100M	100M	100M
60M / 200M	200M	200M	200M	200M	200M	200M
			400M	400M		400M
					800M	
LJ	LJ	LJ	LJ	LJ	TJ	LJ
		SP	SP	SP	HJ	SP
DIS	DIS			DIS	DIS	DIS

### PROGRAM 2

U6	U7	U8	U9	U10	U11 - U12	U13 - 14	U15 - 16
70M	70M		70M	70M			
100M	100M	100M			100M	100M	100M
60M / 200M	200M	200M			200M	200M	200M
			800M	800M		800M	800M
					1500M		
		60H	60H	60H	80H	200H	300H
LJ	LJ	LJ	LJ	LJ		HJ	HJ
SP	SP		SP	HJ	TJ		
		DIS	DIS	DIS	JAV	DIS	DIS

### PROGRAM 3

U6	U7	U8	U9	U10	U11 - U12	U13	U14G	U14B	U15 - 16G	U15 - 16B
70M	70M	70M								
100M	100M	100M	100M	100M	100M	100M	100M	100M	100M	100M
60M/200M	200M		200M	200M						
				400M	400M					
						1500M	1500M	1500M	1500M	1500M
		60H	60H	60H	80H	80H	80H	90H	90H	100H
LJ			LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ
	SP	SP		SP	SP					
DIS	DIS	DIS	DIS		DIS	JAV	JAV	JAV	JAV	JAV
			HJ			TJ	TJ	TJ	TJ	TJ

**Please note:** ♦ U6 Girls & Boys run 60m before Christmas and 200m after Christmas

♦ All parents and athletes are requested to arrive 15 minutes before the scheduled starting time so that the Program can commence on time.

♦ PROGRAMS ARE SUBJECT TO ALTERATION

### WET WEATHER PROGRAM EVENTS

Under 6	70m	100m	60m/200m
Under 7-8	70m	100m	200m
Under 9-10	70m	200m	800m
Under 11-16	100m	200m	800m