

## Program 1

Girls	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16/17/18
	70m	70m	70m	70m	70m					
	300m	200m	200m	200m	200m	200m	200m	200m	200m	200m
	50m	300m		400m	400m	400m	400m	400m	400m	400m
						1500m	1500m	1500m	1500m	1500m
	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot
			HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ
	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ
								200mH	200mH	300mH

## Program 2

Girls	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16/17/18
				700mW	1100mW	1100mW	1500mW	1500mW	1500mW	1500mW
	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
			500m	800m	800m	800m	800m	800m	800m	800m
	Vortex	Vortex	Turbo	Turbo	Turbo	Javelin	Javelin	Javelin	Javelin	Javelin
						TJ	TJ	TJ	TJ	TJ
	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus	Discus
	Mini 60mH	Mini 60mH	60mH	60mH	60mH	80mH	80mH	80mH	80mH	90mH(16) 100mH(17/18)

  

Boys	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16/17/18
				700mW	1100mW	1100mW	1500mW	1500mW	1500mW	1500mW
	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
			500m	800m	800m	800m	800m	800m	800m	800m
	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot	Shot
			HJ	HJ	HJ	HJ	HJ	HJ	HJ	HJ
	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ	LJ
	Mini 60mH	Mini 60mH	60mH	60mH	60mH	80mH	80mH	80mH	90mH	100mH(16) 110mH(17/18)