

Prog 1	Run 1	Run 2	Distance	Throw	Jump
U6 Boys	70m	200m		Discus	ASAP
U6 Girls	70m	200m		Discus	ASAP
U7 Boys	70m	200m		Vortex	Long
U7 Girls	70m	200m		Vortex	Long
U8 Boys	70m	200m		Discus	High
U8 Girls	70m	200m		Discus	High
U9 Boys	70m	200m	800mP	Turbo Jav	Triple
U9 Girls	70m	200m	800mP	Turbo Jav	Triple
U10 Boys	70m	200m	800mP	Discus	Triple
U10 Girls	70m	200m	800mP	Discus	Triple
U11 Boys	70m	200m	800mP	Shotput	High
U11 Girls	70m	200m	800mP	Shotput	High
U12 Boys	70m	200m	800m	Shotput	Long
U12 Girls	70m	200m	800m	Shotput	Long
U13 Boys	70m	200m	800m	Javelin	Long
U13 Girls	70m	200m	800m	Javelin	Long
U14 Boys	70m	200m	800m	Javelin	Triple
U14 Girls	70m	200m	800m	Javelin	Triple
U15 Boys	70m	200m	800m	Javelin	Triple
U15 Girls	70m	200m	800m	Javelin	Triple