

WEEK 5 PROGRAM					
					5 December 2020
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6 Boys	On Track	70 Metres	On Track	50 Metres	
Under 6 Girls	70 Metres	On Track	50 Metres	On Track	
Under 7 Girls A	TURBO JAV 1	70 Metres	200 Metres	Long Jump 5	
Under 7 Girls B	TURBO JAV 2	70 Metres	200 Metres	Long Jump 6	
Under 7 Boys A	Long Jump 5	70 Metres	Discus JD1	100 Metres	
Under 7 Boys B	Long Jump 6	70 Metres	Discus JD2	100 Metres	
Under 8 Girls A	200 Metres	Long Jump 3	50 Metres	TURBO JAV 1	
Under 8 Girls B	200 Metres	Long Jump 4	50 Metres	TURBO JAV 2	
Under 8 Boys A	Discus JD1	50 Metres	Long Jump 3	100 Metres	
Under 8 Boys B	Discus JD2	50 Metres	Long Jump 4	100 Metres	
<b>9.35am - 1500m (Under 11-17) and Walks (Under 9-17)</b>					
<b>SESSION 2 - 9.45am</b>					
Under 9 Girls	100 Metres	TURBO JAV 1	70 Metres	Long Jump 3	200 Metres
Under 9 Boys A	100 Metres	Long Jump 3	70 Metres	Discus JD1	200 Metres
Under 9 Boys B	100 Metres	Long Jump 4	70 Metres	Discus JD2	200 Metres
Under 10 Girls A	Long Jump 3	400 Metres	TURBO JAV 1	70 Metres	Discus SD1
Under 10 Girls B	Long Jump 4	400 Metres	TURBO JAV 2	70 Metres	Discus SD2
Under 10 Boys A	Shot Put SS1	400 Metres	Long Jump 3	70 Metres	TURBO JAV 1
Under 10 Boys B	Shot Put SS2	400 Metres	Long Jump 4	70 Metres	TURBO JAV 2
Under 11 Girls	High Jump 1		100 Metres	Discus SD2	80 M Hurdles
Under 11 Boys	High Jump 2		100 Metres	Shot Put SS1	80 M Hurdles
Under 12 Girls	Javelin	100 Metres	80 M Hurdles	High Jump 1	
Under 12 Boys	Triple Jump 2	80 M Hurdles	100 Metres	Shot Put SS2	200 Metres
Under 13/14 Girls	800 Metres	Long Jump 1	80 M Hurdles	100 Metres	Javelin
Under 13/14 Boys	800 Metres	Discus SD1	80 M Hurdles	Triple Jump 2	100 Metres
SENIOR Girls	800 Metres	90 M Hurdles	Javelin	100 Metres	Long Jump 1
SENIOR Boys	800 Metres	90 M Hurdles	Shot Put SS1	High Jump 2	