Program **B** **Version 2- 2023/24**

Time	Tots	U 6 B/G	U 7 B/G	U 8 B/G	U 9 G	U 9 B	U 10 G	U 10 B	U 11/13 G	U 11 B	U 12 B	U 13/17 B	U 14/17 G	Seniors/Masters
17:45													LONG HURLDES	
17:50														
18:00	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up		Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
18:10														
18:20		50m		100m	100m			HJ1 (pack up)	**DT-Bottom FIELD MARSHAL REQUIRED**	100m			JT-Bottom FIELD MARSHAL REQUIRED	
18:30			**DT-Top**			LJ1	Tjav1				**TJ2**	HJ2		**TJ4**
18:40														
18:50		SP4	100m	LJ3	SP3	100m	100m	100m	100m		100m	100m	100m	100m
19:00										SP3				
19:10			LJ3 (pack up)		800m	SP4 (pack up)	HJ1 (pack up)	Tjav1 (pack up)	LJ2 (pack up)		JT-Bottom FIELD MARSHAL REQUIRED (pack up)	**DT-Bottom FIELD MARSHAL REQUIRED (pack up)**	HJ2 (pack up)	Hammer Throw (pack up)
19:20		LJ1		**DT-Top**						LJ4 (pack up)				
19:30	Tots Program				LJ1 (pack up)	800m	800m	800m	800m				800m	800m
19:40		70m	70m	70m						800m	800m	800m		
19:50														**DT-Top (pack up)**
20:00	Return													
20:10	equipment													
20:20	to													
20:30	shed									**Hurdle Height Information**				
20:40										**Age group**	**Distance**	**Height**	**Flights**	WT6 (SENIORS ONLY)
										U13 Girls & Boys	200m	68cm	5	(pack up)
										U14 Girls & Boys	200m	76cm	5	
										U15 Girls & Boys	300m	76cm	7	
										U17 Girls & Boys	300m	76cm	7	

			U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17	
Shot		**Boys**	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg White	4kg Red	5kg Green	
		Girls	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg White	3kg White	3kg White	
Discus		**Boys**	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1,5kg	
		Girls	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1kg	
Jav		**Boys**						400gm	400gm	600gm	600gm	700gm	700gm	
		Girls						400gm	400gm	400gm	400gm	500gm	500gm	