Program **A** **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									Distances Runs, as per annoucenent. 1,500 m (U 11 up) 3,000 (U 13 up)					
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	Warm Up
18:10						**DT-Bottom FIELD MARSHAL REQUIRED**						JT-Bottom FIELD MARSHAL REQUIRED		
18:20		50m	50m	70m	70m		LJ1	SP4	**TJ4**	HJ2	LJ3		LJ2	SP3
18:30						70m	70m	70m						
18:40		**DT-Top**	SP2 (pack up)	LJ2	LJ4				100m	100m	100m	100m	100m	100m
18:50						LJ3 (pack up)	**DT-Bottom (pack up)**	LJ1						
19:00		100m	400m	400m	400m				JT-Bottom FIELD MARSHAL REQUIRED (pack up)	**DT-Top (pack up)**	SP1 (pack up)	LJ4 (pack up)	SP3 (pack up)	HJ2 (pack up)
19:10														
19:20		LJ1 (pack up)	LJ2 (pack up)	SP4 (pack up)	**DT-Top**	400m	400m	400m						
19:30	Tots Program									400m	400m	400m	400m	400m
19:40									400m					
19:50	Return													
20:00	equipment													Weight Throw (pack up)
20:10	to													
20:20	shed													
20:30														
20:40														

			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	