

Time	Tots	U 6 B	U 6 G	U 7 B	U 7 G	U 8 B	U 8 G	U 9 B	U 9 G	U 10 B	U 10 G	U 11 B	U 11/12 G	U 12 B	U 13/14 G+ 13B	14+B, 15+G
17:45																
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	Warm Up	Warm Up
18:10		300m Pack Start	300m Pack Start	LJ1	LJ2	SP1	70m	70m	70m	70m						
18:20																
18:30																
18:40																
18:50		Discus 1	LJ2	500m Pack Start	500m Pack Start	70m	LJ 3	SP4	Scissor Jump	SP 1	70m	100m	100m	100m	100m	100m
19:00																
19:10		50m	50m				400m Pack Start	400m		400m						
19:20																
19:30	Tots Program			Discus 3	SP4	LJ1										
19:40		LJ2	SP1	50m	50m	400m Pack Start	Discus 2	LJ3	400m	LJ4	400m	400m	400m	400m	400m	400m
19:50	Return															
20:00	equipment to shed															
20:10																
20:20																
20:30																
20:40																

		U6	U7	U8	U9-U10	U11	U12	U13	U14-U15	U16	U17	U20
Shot	Boys	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	3kg White	4kg Red	5kg Green	5kg Green	5kg Green
	Girls	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg White	3kg White	3kg White	4kg Red
Discus	Boys	350gm	350gm	500gm	500gm	500gm	750gm	750gm	1kg	1.5kg	1.5kg	1.75kg
	Girls	350gm	350gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1kg	1kg
Jav	Boys					400gm	400gm	600gm	700gm	700gm	700gm	800gm
	Girls					400gm	400gm	400gm	500gm	500gm	500gm	600gm