

SUMMER PROGRAM EVENTS

PROGRAM 1	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	60 m H (20cm)	60 m H (30cm)	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)
	100 m	200 m	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
	Discus (350g)	Discus (350g)	Shot Put (1.5kg)	Shot Put (2kg)	Shot Put (2kg)	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	Long Jump (1m mat)	Long Jump (1m mat)	100m	High Jump (Scissors)	High Jump (Scissors)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (3kg)	Shot Put (3kg)	Shot Put (3kg/4kg)	Shot Put (3kg/4kg)	Shot Put (3kg/5kg)
						Long Jump	Long Jump	Long Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
PROGRAM 2	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m
	100m	100m	300 m Walk	700 m Walk	1100 m Walk	1100 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk
	Shot Put (1kg)	Shot Put (1kg)	Turbo Javelin	Turbo Javelin	Turbo Javelin	Javelin (400g)	Javelin (400g)	Javelin (400g/600g)	Javelin (400g/600g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)
	Vortex	Vortex	Long Jump (1m mat)	Long Jump (0.5m mat)	Long Jump (0.5m mat)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Long Jump	Long Jump	Long Jump	Long Jump
		300 m Pack							Novelty			
PROGRAM 3	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	60 m H (20cm)	60 m H (30cm)	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m
	100 m	200 m	500 m Pack	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m
	Discus (350g)	Discus (350g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)
	Long Jump (1m mat)	Long Jump (1m mat)	70m	70m	70m	Triple Jump	Triple Jump	Triple Jump	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)
								200m H (68cm)	200 m H (76cm)	300 m H (76cm)	300 m H (76cm)	300 m H (76cm)

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PROGRAM 4	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 m	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)
	Long Jump (1m mat)	100m	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
	Shot Put (1kg)	Shot Put (1kg)	Shot Put (1.5kg)	Shot Put (2kg)	Shot Put (2kg)	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	Vortex	Vortex	100m	High Jump (Scissors)	High Jump (Scissors)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (3kg)	Shot Put (3kg)	Shot Put (3kg/4kg)	Shot Put (3kg/4kg)	Shot Put (3kg/5kg)
		300 m Pack				Long Jump	Long Jump	Long Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
PROGRAM 5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	60 m H (20cm)	60 m H (30cm)	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m
	100 m	200 m	300 m Walk	700 m Walk	1100 m Walk	1100 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk
	Discus (350g)	Discus (350g)	Turbo Javelin	Turbo Javelin	Turbo Javelin	Javelin (400g)	Javelin (400g)	Javelin (400g/600g)	Javelin (400g/600g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)
	Long Jump (1m mat)	Long Jump (1m mat)	Long Jump (1m mat)	Long Jump (0.5m mat)	Long Jump (0.5m mat)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Long Jump	Long Jump	Long Jump	Long Jump
									Novelty			
PROGRAM 6	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m
	100m	100m	500 m Pack	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m
	Shot Put (1kg)	Shot Put (1kg)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)
	Vortex	Vortex	70m	70m	70m	Triple Jump	Triple Jump	Triple Jump	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)
		300 m Pack						200m H (68cm)	200 m H (76cm)	300 m H (76cm)	300 m H (76cm)	300 m H (76cm)