

# Program E



PROG E	U6	U7	U8	U9	U10	U11	U12	U13	U14+
1	70	LJ	SP	V/B D/G	400	SP/B HJ/G	100/B D/G	100	400
2	SP/B D/G	V/B 70/G	100	70	D	400	D/B TJ/G	HJ/B TJ/B	SP
3	D/B SP/G	D/B V/G	LJ	400	100	LJ	400	400	100
4	50	70/B D/G	70	D/B V/G	SP	HJ/B SP/G	TJ/B 100/G	TJ/B HJ/G	LJ
5			V	800	800	1500	1500	1500	1500
6							200H	200H	200/300H

Key = B=Boys, G=Girls. SP=Shot Put, D=Discus, HJ=High Jump, LJ=Long Jump, TJ=Triple Jump, JAV=Javelin, HUR=Hurdles

PARENT ROSTER	BBQ	CANTEEN	SET-UP / PACK DOWN
	U11 GIRLS	U12 BOYS	U6 BOYS