

Program 1							
U6	U7	U8	U9	U10	U11	U12	U13-17
100m	100m	HJ	Shot	400m	1500m	1500m	1500m*
Discus	LJ	700m	100m	HJ	Discus	LJ	HJ
300m	500m	Shot	HJ	70m	100m	100m	100m
LJ	Discus	100m	400m	Shot	HJ	Discus	Shot
70m	70m	70m	70m	100m	400m	400m	400m
					TJ	HJ	LJ
Program 2							
U6	U7	U8	U9	U10	U11	U12	U13-17
60H	60H	60H	LJ	Discus	800m	800m	800m
Shot	Vortex	Vortex	60H	60H	Shot	TJ	Discus
200m	200m	200m	800m	800m	60H	60H	80/90/100H
Vortex	Shot	LJ	Discus	LJ	200m	Shot	TJ
50m	50m	Discus	200m	200m	LJ	200m	200m
					Jav	Jav	Jav
Program 3							
U6	U7	U8	U9	U10	U11	U12	U13-17
100m	100m	HJ	Shot	400m	1100W	1500W	1500m*
Discus	LJ	700m	100m	HJ	Discus	LJ	HJ
300m	500m	Shot	HJ	70m	100m	100m	100m
LJ	Discus	100m	400m	Shot	HJ	Discus	Shot
70m	70m	70m	70m	100m	400m	400m	400m
					TJ	HJ	LJ
Program 4							
U6	U7	U8	U9	U10	U11	U12	U13-17
60H	60H	60H	LJ	Discus	800m	800m	800m
Shot	Vortex	Vortex	60H	60H	Shot	TJ	Discus
200m	200m	200m	700W	LJ	60H	60H	80/90/100H
Vortex	Shot	LJ	Discus	200m	200m	Shot	TJ
50m	50m	Discus	200m	1100W	LJ	200m	200m
					Jav	Jav	Jav

Decathlon Pt 1							
U6	U7	U8	U9	U10	U11	U12	U13-17
100m	100m	200m	LJ	Shot	800m	800m	800m
Discus	LJ	Shot	800m	800m	LJ	Discus	HJ
200m	200m	100m	Shot	HJ	100m	100m	100m
LJ	Discus	HJ	200m	200m	Shot	LJ	Discus
50m	50m	70m	100m	100m	200m	200m	200m
Decathlon Pt 2							
U6	U7	U8	U9	U10	U11	U12	U13-17
60H	60H	60H	HJ	400m	Triple	400m	Triple
Shot	LJ	Discus	60H	60H	Discus	Shot	LJ
300m	500m	700m	Discus	LJ	60H	60H	80/90/100H
LJ	Shot	LJ	400m	Discus	HJ	HJ	Shot
70m	70m	70m	70m	70m	400m	Triple	400m