

U 6	U 7
Friday Night	
70 M	70 M
100 M	100 M
L/Jump	L/Jump
S/Put	S/Put

Program 2							
100 M	100 M	100 M	100 M	100 M	100 M	100 M	100 M
60 H	60 H	60 H	60 H	60 H	200 H	200 H	300 H
200 M	200 M	200 M	1500 M	1500 M	1500 M	1500 M	1500 M
L/Jump	L/Jump	H/Jump	T/Jump	T/Jump	L/Jump	H/Jump	L/Jump
	Disc	Disc	Disc	Jav	Jav	Disc	Jav

U 6	U 7
Friday Night	
100 M	100 M
L/Jump	L/Jump
S/Put	S/Put