

U 6	U 7	U 8	U 9	U 10	U 11	U 12	U 13	U 14	U 15 / 16
Friday Night		Program 1							
70 M	70 M	70 M	70 M	70 M	100M	100M	100 M	100 M	100 M
100 M	100 M	100 M	100 M	100 M	800 M	400 M	400 M	400 M	400 M
L/Jump	L/Jump	L/Jump	H/Jump	L/Jump	H/Jump	T/Jump	T/Jump	L/Jump	T/Jump
S/Put	S/Put	S/Put	800 M	800 M	S/Put	S/Put	S/Put	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	200H	200H	300 H
200M	200M	200M	1500 M	1500 M	1500 M	1500 M	1500 M
L/Jump	L/Jump	T/Jump	T/Jump	H/Jump	L/Jump	H/Jump	L/Jump
	Disc	Disc	Disc	Jav	Jav	Disc	Jav

Program 3							
70 M	70 M	70 M	200 M	200 M	200 M	200 M	200 M
60H	60H	60H	60H	60H	80 H	80/90 H	90/100 H
400 M	400 M	400 M	400 M	800 M	800 M	800 M	800 M
	L/Jump	H/Jump	L/Jump	L/Jump	H/Jump	T/Jump	H/Jump
Disc	S/Put	S/Put	Jav	Disc	Disc	Jav	Disc