



Christmas Program

Saturday, 9th December 2017

Week 13

Age Group	Event 1	Event 2	Event 3	Event 4
U6	Vortex	100m	Jump Training	Long Jump (Grass)
U7B	Shot put	100m	200m	Long jump (Grass)
U7G	Long jump (Grass)	100m	200m	Discus
U8B	High Jump (scissors)	200m	Discus	500m
U8G	Discus	200m	High Jump (scissors)	500m
U9B	70m	Discus	100m	Long jump (Grass)
U9G	70m	Long jump (Grass)	100m	Shot put
U10B	High Jump (scissors)	100m	Discus	200m
U10G	Discus	100m	High Jump (scissors)	200
U11B	70m	Javelin	200m	Triple Jump
U11G	70m	Triple Jump	200m	Javelin
U12B	70m	Discus	200m	Long Jump
U12G	70m	Long Jump	200m	Discus
U13B	High Jump (Flop)	100m	200m	Shot Put
U13G	Shot Put	100m	200m	High Jump (Flop)
U14/15/16/17	High Jump (Flop)	100m	200m	Shot Put