



Friday 8 February 2019 – MODIFIED PROGRAM



Warm up starts 5.45pm. Program starts 6.00pm

Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13+
Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
Long Jump	Long Jump	4 X 100m Relays	4 X 100m Relays	Shot Put	Discus	Sprint Knock Outs	Sprint Knock Outs
Sprints Knock Outs	Sprints Knock Outs	Shot Put	Discus	4 X 100m Relays	4 X 100m Relays	Long Jump	Long Jump
Shot Put	Discus	Sprint Knock Outs	Sprint Knock Outs	Long Jump	Long Jump	4 X 100m Relays	4 X 100m Relays
Shuttle Relays	Shuttle Relays	Long Jump	Long Jump	Sprint Knock Outs	Sprint Knock Outs	Shot Put	Discus