

2024/2025

	Program 1									
	6	6	7	7	8	8	9	9	10	10
Order	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
1	100m	100m	100m	100m	Discus	Shot Put	100m	70m	100m	Long Jump
2	Vortex	Shot Put	Vortex	70m	100m	100m	Discus	Scissor Jump	Long Jump	100m
3	70m	70m	70m	Long Jump	Vortex	Discus	70m	100m	400m	Shot Put
4	300m PS	300m PS	500m PS	500m PS	400m	400m	400m	400m	Discus	400m
							Long jump			

	Program 2									
	6	6	7	7	8	8	9	9	10	10
Order	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
1	Shot Put	200m	Long Jump	Vortex	60mH	60mH	60mH	Discus	200m	200m
2	200m	Vortex	200m	200m	Long Jump	200m	200m	60mH	Shot Put	Scissor Jump
3	70m	Discus	70m	70m	200m	Vortex	Shot Put	200m	60mH	60mH
4	Long Jump	70m	Shot Put	Discus	100m	100m	100m	100m	100m	100m
5									Vortex	

	Program 3									
	6	6	7	7	8	8	9	9	10	10
Order	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
1	50m	50m	50m	Novelty	200m	200m	Scissor Jump	Long Jump	200m	Discus
2	Discus	Novelty	Novelty	100m	Shot Put	Long Jump	200m	200m	70m	200m
3	Novelty	100m	Discus	50m	70m	70m	Vortex	Shot Put	Scissor Jump	70m
4	100m	Long Jump	100m	Shot Put	700m PS	700m PS	800m	800m	800m	Vortex
5								Vortex		800m