

Standard Program

	U6B	U6G	U7B	U7G	U8B	U8G	U9B	U9G	U10B	U10G	U11B	U11G	U12B	U12G	U13B	U13G	14-17B	14-17G	
1	50m	50m	70m	70m	70m	70m	70m	70m	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m	
	LJ3	SP3	LJ2	Disc2	200m	200m	HJ mat	SP3	70m	70m	LJ1	Disc1	100m	100m	100m	100m	SP1	HJ1	
	200m	200m	500m	500m	LJ3	Disc2	200m	200m	HJ mat	SP2	200m	200m	LJ1	Disc1	LJ2	Disc1	100m	100m	
	SP3	LJ3	Disc2	LJ3	Disc2	LJ2	SP2	HJ mat	100m	100m	Disc1	LJ1	200m	200m	200m	200m	200m	HJ1	SP1
	100m	100m	100m	100m	100m	100m	100m	100m	SP3	HJ mat	100m	100m	Disc1	LJ1	Disc1	LJ1	200m	200m	
											Jav	Jav	Jav	Jav	200mH	200mH	200/300mH	200/300mH	
															Jav	Jav	Jav	Jav	
2	Tiny Hurd	Tiny Hurd	60h (30cm)	60h (30cm)	60h	60h	60h	60h	60h	60h	SP1	SP1	400m	400m	400m	400m	LJ1	LJ1	
	Disc3	LJ3	HJ game	SP3	HJmat	SP3	LJ2	Disc2	400m	400m	80h	80h	TJ	HJ2	TJ	HJ2	400m	400m	
	200m	200m	200m	200m	700m	700m	200m	200m	Disc2	LJ2	HJ2	HJ2	80h	80h	80h	80h	Disc1	TJ	
	LJ3	Disc3	SP3	HJ game	SP3	HJmat	Disc2	LJ2	200m	200m	TJ	400m	HJ2	SP1	HJ2	SP1	TJ	Disc1	
	50m	50m	50m	50m	200m	200m	400m	400m	LJ3	Disc2	400m	TJ (LJ1)	SP1	TJ	SP1	TJ	90/100h	80/90h	
						700mw	700mw	1100w	1100w	1100w	1100w	1500w	1500w	1500w	1500w	1500w	1500w	1500w	
3											Jav1	Jav1	Jav1	Jav1	Jav1	Jav1	Jav1	Jav1	
	SP3	HJ/game	Disc3	70m	LJ2	Disc2	800m	800m	800m	800m	Disc1	100m	LJ1	100m	LJ1	100m	100m	100m	
	70m	70m	70m	LJ3	200m	200m	SP3	HJmat	SP2	HJ4	100m	Disc1	100m	LJ1	100m	LJ1	TJ	HJ1	
	HJ/game	SP3	LJ3	100m	100m	100m	200m	200m	100m	100m	200m	LJ1	Disc1	200m	Disc1	200m	200m	200m	
	100m	100m	100m	Disc3	Disc2	LJ2	HJmat	SP3	HJ4	SP2	LJ1	200m	200m	Disc1	200m	Disc1	SP1	SP1	
300m	300m	500m	500m	70m	70m	70m	70m	70m	70m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m		
4	Tiny Hurd	Tiny Hurd	60h(30cm)	60h (30cm)	60h	60h	60h	60h	400m	400m	400m	400m	400m	400m	400m	400m	HJ1	TJ	
	Disc3	LJ3	HJ mat	SP3	HJmat	SP2	Disc2	LJ2	60h	60h	80h	SP2	HJ	TJ	HJ	TJ	400m	400m	
	200m	200m	200m	200m	200m	200m	400m	400m	Disc2	LJ2	HJ2	80h	80h	80h	80h	80h	Disc1	Disc1	
	LJ3	Disc3	SP3	HJ mat	SP2	HJmat	LJ3	Disc3	200m	200m	TJ	HJ3	TJ	SP1	TJ	SP1	90/100h	90/100h	
	50m	50m	50m	50m	700m	700m	100m	100m	LJ2	Disc2	SP2	TJ	SP1	HJ2	SP1	HJ2	LJ1	LJ1	
						****	****	****	****	****	****	****	****	****	****	****	****	****	
athlete has a choice of either an 800m or 1500m run OR 700m / 1100m / 1500m walk																			