

PROGRAM 3

NOTE: Distance and Hurdles will be running at the same time so please keep the track clear at all times.

BOYS & GIRLS ROTATION										
ROTATION	U 6	U7 GIRLS	U7 BOYS	U8 GIRLS	U8 BOYS	U 9	U 10	U 11	U 12	U 13 -17
5:30pm WARM UP										
ROTATION 1	Hurdles (30cm)	60m H (30cm)	60m H (30cm)	SP (G)	SP 1&2	LJ (M)	DIS 1&2	1500m	1500m	1500m
ROTATION 2	SP (G)	SP 1&2	Vortex	60m H (45cm)	60m H (45cm)	60m H (45cm)	Turbo Jav	DIS 1&2	Jav	TJ- GIRLS LJ - BOYS
ROTATION 3	300m (Unlaned)	300m (Unlaned)	300m (Unlaned)	DIS 1&2	LJ (G) (M)	HJ (Scissor)	60m H (60cm)	80m H (60cm)	80m H (68cm)	SP 1&2
ROTATION 4	DIS (G)	Vortex	DIS 1&2	700m (Unlaned)	700m (Unlaned)		Training	HJ (Flop)	TJ- BOYS LJ - GIRLS	80m-110m Hurdles
ROTATION 5	—									

PLEASE follow program in order. Please don't move to a different event out of order if it is free unless you ask / speak to a committee member.

LEGEND:

(L) (R) - Left or Right lane of LJ Pit

(G) - Grassed Long Jump Pits & Grassed Shot Put area

(M) - Mat - Measure from imprint on sand the mat - LJ runway

(S) - Scissor Kick Mat (HJ)

(T) - Training

1&2 - Ring or pit

B&G - Boys and girls age groups to join for the event

HURDLES

U13, U14 girls - 80m/76cm

**U14 boys, U15 girls, U16 girls
- 90m/76cm**

**U15 boys, U16 boys, U17 girls
- 100m/76cm**

All recording sheets to stay in the folders and left in the age group basket at the end of the meet.