2026/27 WEEKLY PROGRAM

Program A																	
Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Juniors	
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
60mh	60mh	60mh	60mh	70m	70m	70m	70m	70m	70m	70m	70m	70m	70m	70m	70m	70m	Long Jump
100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	Triple Jump
300m	300m	400m	400m	400m	400m	400m	400m	400m	400m	1500m	1500m	1500m	1500m	1500m	1500m	400m	Javelin
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	1500m	Discus
Shot put	Shot put	Shot Put	Shot Put	Shot Put	Shot Put	Vortex	Vortex	Discus	Discus	Shot Put	Shot Put	Shot Put	Shot Put	Javelin	Javelin	800m	

Program B																	
Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Juniors	
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
100m	100m	100m	100m	60mh	60mh	60m H	60m H	60m H	60m H	80m H	80m H	80m H	80m H	80m H	80m H	Short Hurdles	Long Jump
70m	70m	70m	70m	200m	200m	100m	100m	200m	200m	400m	400m	400m	400m	400m	400m	800m	Triple Jump
200m	200m	200m	200m	600m	600m	800m	800m	800m	800m	800m	800m	800m	800m	800m	800m	400m	Javelin
Long Jump	Long Jump	Long Jump	Long Jump	Scissor	Scissor	Scissor	Scissor	Scissor	Scissor	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	200m	Shot put
Vortex	Vortex	Vortex	Vortex	Discus	Discus	Discus	Discus	Shot Put	Shot Put	Javelin	Javelin	Discus	Discus	Shot Put	Shot Put	70m	
Program C																	
Under 6		Under 7		Under 8		Under 9		Under 10		Under 11		Under 12		Under 13		Juniors	
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
70m	70m	70m	70m	70m	70m	70m	70m	70m	70m	100m	100m	100m	100m	100m	100m	800m	High Jump
60m H	60m H	60m H	60m H	100m	100m	100m	100m	200m	200m	200m	200m	200m	200m	200m H	200m H	100m	Long Jump
100m	100m	200m	200m	700m W	700m W	700mW	700mW	1100m W	1100m W	1100m W	1100m W	1500m W	1500m W	1500m W	1500m W	200m	Javelin
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	High Jump	High Jump	High Jump	High Jump	High Jump	High Jump	1500m W	Shot Put
Discus	Discus	Discus	Discus	Vortex	Vortex	Shot Put	Shot Put	Vortex	Vortex	Discus	Discus	Javelin	Javelin	Discus	Discus	Long Hurdles	Discus