

Program 1

Age Group

Session	1st	2nd	3rd
U6/7	Sprints	Shot	Long
U8	Hurdles	Discus	
U9	Discus	Hurdles	
U10	Long	Walks	
U11	Walks	Long	
U12	High	Sprints	
U13	Sprints	High	
U14	Sprints	High	
U15	Sprints	High	
U16	Sprints	High	