

SUMMER PROGRAM EVENTS 2023 / 2024

PROGRAM 1	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
	100m	200m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m
	60m H (20cm)	60m H (30cm)	500 m Pack	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m
	Discus (350g)	Discus (350g)	70m	70m	70m	Triple Jump	Triple Jump	Triple Jump	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)	Discus (1kg/1.5kg)	
	Long Jump (1m mat)	Long Jump (1m mat)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	
								200m H (68cm)	200m H (76cm)	300m H (76cm)	300m H (76cm)	300m H (76cm)	

PROGRAM 2	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
	70 m	70 m	300 m Walk or 60m	700 m Walk or 60m	1100 m Walk or 60m	1100 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m
	Shot Put (1kg)	Shot Put (1kg)	Turbo Javelin	Turbo Javelin	Turbo Javelin	Javelin (400g)	Javelin (400g)	Javelin (400g/600g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)
	100 m	100 m	100 m	400 m	400 m	400 m	400m	400m	400m	400m	400m	400m	400m
	Vortex	Vortex	Long Jump (1m mat)	Long Jump (0.5m mat)	Long Jump (0.5m mat)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
	300 m Pack												

PROGRAM 3	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
	100m	200m	High Jump (Training)	High Jump (Scissors)	High Jump (Scissors)	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	60m H (20cm)	60m H (30cm)	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)	100/110 m H (76cm)	
	Discus (350g)	Discus (350g)	Shot Put (1.5kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (3kg)	Shot Put (3/4kg)	Shot Put (3kg/4kg)	Shot Put (3kg/5kg)	Shot Put (3kg/5kg)	
	Long Jump (1m mat)	Long Jump (1m mat)	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	
						Long Jump	Long Jump	Long Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	

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PROGRAM 4	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m
	Shot Put (1kg)	Shot Put (1kg)	500 m Pack	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m
	100 m	100 m	70m	70m	70m	Triple Jump	Triple Jump	Triple Jump	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)	Discus (1kg/1.5kg)
	Vortex	Vortex	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)
	300 m Pack							200m H (68cm)	200m H (76cm)	300m H (76cm)	300m H (76cm)	300m H (76cm)

PROGRAM 5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	100m	200m	300 m Walk or 60m	700 m Walk or 60m	1100 m Walk or 60m	1100 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m	1500 m Walk or 60m
	60m H (20cm)	60m H (30cm)	Turbo Javelin	Turbo Javelin	Turbo Javelin	Javelin (400g)	Javelin (400g)	Javelin (400g/600g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)
	Discus (350g)	Discus (350g)	200 m	400 m	400 m	400 m	400m	400m	400m	400m	400m	400m
	Long Jump (1m mat)	Long Jump (1m mat)	Long Jump (1m mat)	Long Jump (0.5m mat)	Long Jump (0.5m mat)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Long Jump	Long Jump	Long Jump	Long Jump
								Novelty				

PROGRAM 6	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 m	High Jump (Training)	High Jump (Scissors)	High Jump (Scissors)	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	Shot Put (1kg)	Shot Put (1kg)	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)	100/110 m H (76cm)
	100m	100 m	Shot Put (1.5kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (3kg)	Shot Put (3/4kg)	Shot Put (3kg/4kg)	Shot Put (3kg/5kg)	Shot Put (3kg/5kg)
	Vortex	Vortex	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
	300 m Pack					Long Jump	Long Jump	Long Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump