

TRACK AND FIELD PROGRAM 1**PROGRAM 1**

BOYS TRACK	8	9	10	11	12	13	14	15/16
100 m	X	X	X	X	X	X	X	X
400 m		X	X					
1500 m				X	X	X	X	X
60 m Hurdles	X	X	X	X				
80 m Hurdles					X	X		
90 m Hurdles							X	
100 m Hurdles								X

BOYS FIELD	8	9	10	11	12	13	14	15/16
Long Jump	X	X			X	X		X
Triple Jump				X				
High Jump			X				X	
Shot Put		X	X				X	X
Discus	X					X		
Javelin				X	X			

GIRLS TRACK	8	9	10	11	12	13	14	15/16
100 m	X	X	X	X	X	X	X	X
400 m		X	X					
1500 m				X	X	X	X	X
60 m Hurdles	X	X	X	X				
80 m Hurdles					X	X	X	
90 m Hurdles								X

GIRLS FIELD	8	9	10	11	12	13	14	15/16
Long Jump	X	X						X
Triple Jump				X	X			
High Jump			X			X	X	
Shot Put		X	X				X	X
Discus	X					X		
Javelin				X	X			

PROGRAM 2

TRACK AND FIELD PROGRAM 2

BOYS TRACK	8	9	10	11	12	13	14	15/16
70 m	X	X	X					
100 m		X	X	X	X	X	X	X
400 m				X	X	X	X	X
700m	X							
700 m Walk		X						
1100 m Walk			X	X				
1500 m Walk					X	X	X	X

BOYS FIELD	8	9	10	11	12	13	14	15/16
Long Jump		X	X					
Triple Jump					X		X	X
High Jump	X			X		X		
Shot Put	X	X			X	X		
Discus			X	X			X	X

GIRLS TRACK	8	9	10	11	12	13	14	15/16
70 m	X	X	X					
100 m		X	X	X	X	X	X	X
400 m				X	X	X	X	X
700m	X							
700 m Walk		X						
1100 m Walk			X	X				
1500 m Walk					X	X	X	X

GIRLS FIELD	8	9	10	11	12	13	14	15/16
Long Jump		X	X		X		X	
Triple Jump						X		X
High Jump	X			X				
Shot Put	X	X			X	X		
Discus			X	X			X	X

TRACK AND FIELD PROGRAM 3**PROGRAM 3**

BOYS TRACK	8	9	10	11	12	13	14	15/16
200 m	X	X	X	X	X	X	X	X
800 m		X	X	X	X	X	X	X
60 m Hurdles	X	X	X	X				
80 m Hurdles					X			
200 m Hurdles						X	X	
300 m Hurdles								X

BOYS FIELD	8	9	10	11	12	13	14	15/16
Long Jump	X		X	X			X	
Triple Jump						X		
High Jump		X			X			X
Shot Put	X		X	X				
Discus		X			X			
Javelin						X	X	X

GIRLS TRACK	8	9	10	11	12	13	14	15/16
200 m	X	X	X	X	X	X	X	X
800 m		X	X	X	X	X	X	X
60 m Hurdles	X	X	X	X				
80 m Hurdles					X			
200 m Hurdles						X	X	
300 m Hurdles								X

GIRLS FIELD	8	9	10	11	12	13	14	15/16
Long Jump	X		X	X		X		
Triple Jump							X	
High Jump		X			X			X
Shot Put	X		X	X				
Discus		X			X			
Javelin						X	X	X