

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					
80 m Hurdles				X	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					
80 m Hurdles				X	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			