

Program 1: Warm up from 5.15 am																					
time	100m					LJ	TJ	HJ S	SJ		400m					D	SP	SP	JC		On track
5.30	6G	8G	9G	12G		8B	12B	9B	6B		11B	10G	13+G			11G	13+B	10B	7B		7G
5.55	7B	10B	11G	13+B		8G	12G	9G	6G		8B	9B	12B			11B	13+G	10G	7G		6B
6.20	7G	10G	11B	13+G		11G	13+B	10B	7B		8G	9G	12G			8B	12B	9B	6B		6G
6.45	6B	8B	9B	12B		11B	13+G	10G	7G		11G	10B	13+B			8G	12G	9G	6G		7B
7.10	Finish																				

JC = Jumping Castle
 SJ = standing vertical leap