

Program 1 Warm up starts at 8.30																	
Time	100m				LJ	HJ	LJ	400m				Discus	SP	SP	Vortex	Obstacle	On track
8.45	6G/ B	8G	9G	12G	8B	12B	9B		11B	10G	13+B	11G	13+G	10B	7B		7G
9.10	7B	10B	11G	13+G	8G	12G	9G		8B	9B	12B	11B	13+B	10G	7G		6B/ 6G
9.35	7G	10G	11B	13+B	11G	13+G	10B	7B	8G	9G	12G	8B	12B	9B	6B	6G	
10.00		8B	9B	12B	11B	13+B	10G	7G	11G	10B	13+G	8G	12G	9G	6G	6B	7B
Finish at 10.25																	