

Cook Relays Program

04-December-2021

| | Event 1 | Event 2 | Event 3 | Event 4 | Event 5 |
|-----------|------------------------|-------------------------|-------------------------|------------------------|------------------------|
| U6 | 50m shuttle relay | long jump | shot put | 70m shuttle relay | discus |
| U7 | 50m shuttle relay | discus | long jump | 70m shuttle relay | shot put |
| U8 | shot put | 50m shuttle relay | long jump | turbo javelin | 70m shuttle relay |
| U9 | 4 x 100 circular relay | javelin | 70m shuttle relay | long jump | shot put |
| U10 | turbo Javelin | long jump | 4 x 100m circular relay | discus | 70m shuttle relay |
| U11 | shot put | 4 x 100m circular relay | discus | 4 x 300 circular relay | long jump |
| U12 - U13 | long jump | 4 x 100m circular relay | shot put | javelin | 4 x 300 circular relay |
| U14-17 | tripe jump | 4 x 100m circular relay | javelin | shotput | 4 x 300 circular relay |