

Week 1

U6	U7	U8	U9	U10	U11	U12	U13/14	U15/16/17
100m	100m	100m	100m	100m	Javelin	High Jump	Discus (1)	Triple Jump (P1)
Discus (2)	Shot Put (1)	Shot Put (3)	Scissor HJ	Long Jump (P2)	100m	100m	100m	100m
50m	50m	400m	400m	Discus (2)	Long Jump (P1)	Discus (1)	High Jump	Javelin
				400m	800m	800m	800m	800m

Week 2

U6	U7	U8	U9	U10	U11	U12	U13/14	U15/16/17
70m	70m	70m	70m	70m	Shot Put (3)	Javelin	Triple Jump (P2)	High Jump
Shot Put (1)	Discus (2)	Long Jump (P3)	Long Jump (P1)	Scissor HJ	200m	200m	200m	200m
200m	200m	200m	200m	200m	High Jump	Long Jump (P1)	Javelin	Discus (1)
			Shot Put (3)		1500m*	1500m*	1500m*	1500m*

Week 3

U6	U7	U8	U9	U10	U11	U12	U13/14	U15/16/17
Long Jump (P3)	Long Jump (P4)	60mH	60mH	60mH	Triple Jump (P1)	Triple Jump (P2)	Shot Put (1)	Shot Put (3)
300m	500m	Discus (1)	Discus (2)	Shot Put (1)	60mH	60mH	80mH/90mH	90mH/100mH/110mH
		700m	800m	800m	Discus (1)	Shot Put (3)	Long Jump (P1)	Long Jump (P2)
					400m	400m	400m	400m

**If an athlete does not want to participate in the 1500m they can instead complete a 400m walk if they would like.*

*Events need to **run in order and at the allocated place** to make sure we have smooth operations on Friday nights – please refer to your track map on the other side of this program. If any assistance is required with an event, please see one of the committee members who will be able to assist you.*