



### 3 Week Program

Final 2018/19

Week 1		Field Event 1	Field Event 2	Track 1	Track 2	Track 3	Javelin
U6-U7 Girls		Long Jump 5	Vortex	70m	200m		
U6-U7 Boys		Vortex	Long Jump 3	70m	200m		
U8 Girls		Shot Put 3	Discus 3	70m	200m		
U8 Boys		Long Jump 3	Shot Put 3	70m	200m		
U9/U10 Girls		High Jump 2	Shot Put 2	70m	200m		
U9 Boys		Shot Put 2	Long Jump 2	70m	200m		
U10 Boys		Turbo Javelin	High Jump 2	70m	200m		
U11 Girls		Discus 2	Triple Jump 4	100m	200m	1500m	
U12 Girls		Triple Jump 4	Discus 1	100m	200m	1500m	
U11 Boys		Triple Jump 1	Discus 2	100m	200m	1500m	
U12/U13 Boys		High Jump 1	Javelin	100m	200m	1500m	Javelin
U13 Girls		Long Jump 2	Shot Put 1	100m	200m	1500m	
U14-17 Girls		Discus 1	Triple Jump 1	100m	200m	1500m	
U14-17 Boys		Shot Put 1	High Jump 1	100m	200m	1500m	

Week 2	17:15hrs	Field Event 1	Field Event 2	Track 1	Track 2	Track 3	Javelin
U6-U7 Girls		Discus 3	Long Jump 4	50m	100m		
U6-U7 Boys		Long Jump 5	Discus 3	50m	100m		
U8 Girls		Long Jump 3	Vortex	400m	100m		
U8 Boys		Discus 2	Turbo Jav	400m	100m		
U9/U10 Girls	700mW	Turbo Jav	Long Jump 3	400m	100m		
U9 Boys	700mW	High Jump 2	Discus 2	400m	100m		
U10 Boys	1100m W	Long Jump 2	Discus 1	400m	100m		
U11 Girls	1100mW	Shot Put 2	High Jump 1	400m	100m		
U12 Girls	1100mW	Long Jump 4	Javelin	400m	100m		Javelin
U11 Boys	1500mW	Javelin	Shot 3	400m	100m		Javelin
U12/U13 Boys	1500mW	Triple 1	Shot2	400m	100m	3000m (U12)	
U13 Girls	1500m W	Discus 1	Triple Jump 1	400m	100m	3000m	
U14-17 Girls	1500m W	High Jump 1	Shot Put 1	400m	100m	3000m	
U14-17 Boys	1500m W	Shot Put 1	Long Jump 2	400m	100m	3000m	Javelin

Week 3		Field Event 1	Field Event 2	Track 1	Track 2	Track 3	Javelin
U6-U7 Girls		Shot Put 2	Discus 4	50m	300m-500m Pk		
U6-U7 Boys		Discus 3	Shot Put 3	50m	300m-500m Pk		
U8 Girls		Long Jump 5	Discus 3	60m H	700m Pk		
U8 Boys		Discus 2	Long Jump 5	60m H	700m Pk		
U9/U10 Girls		Long Jump 3	Discus 2	60m H	800m		
U9 Boys		Turbo Jav	Long Jump 3	60m H	800m		
U10 Boys		Shot Put 1	Long Jump 2	60m H	800m		
U11 Girls		Long Jump 2	Javelin	60m H	800m		Javelin
U12 Girls		High Jump 1	Shot Put 2	60mH	800m		
U11 Boys		High Jump 2	Long Jump 4	60mH	800m		
U12/U13 Boys		Long Jump 4	Discus 1	60mH	800m		
U13 Girls		Javelin	High Jump 1	80mH	800m		Javelin
U14-17 Girls		Long Jump 1	Shot Put 1	90-100mH	800m		Javelin
U14-17 Boys		Discus 1	Triple Jump 1	90-110mH	800m		