

PROGRAM Week 11

Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls	Under 10 Boys	Under 10 Girls	Under 11 Boys	Under 11 Girls	Under 12 Boys	Under 12 Girls	Open Boys	Open Girls
Warm UP															
Discus (DS1a)	Discus (DS2a)	Long Jump (JP1)	Long Jump (JP1a)	Shot Put (SP2)	Scissor Jump (SJ2)	60mH 45cm Back	60mH 45cm Back	60mH 60cm Back	60mH 60cm Back	Discus (DS1)	Triple Jump (JP4)	80mH 68cm Front	80mH 68cm Front	100mH (U15/16) 90mH (U14B) 80mH (U13)	100mH (U17) 90mH (U15/16) 80mH (U13/14)
						Discus (DS2)	Long Jump (JP4a)	Turbo Jav (VT1)	Scissor Jump (SJ1)			Javelin (JV1)	Long Jump (JP2)	Shot Put (SP1)	Long Jump (JP3)
200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	60mH 45cm Back	60mH 45cm Back					80mH 60cm Front	80mH 60cm Front				
Long Jump (JP1)	Long Jump (JP1a)	Discus (DS1a)	Discus (DS2a)	200m Back Finish	200m Back Finish										
				100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
				Scissor Jump (SJ2)	Shot Put (SP2)	Long Jump (JP4a)	Discus (VT1)	Scissor Jump (SJ1)	Turbo Jav (VT1)	Triple Jump (JP4)	Discus (DS2)	Long Jump (JP2)	Javelin (JV1)	Long Jump (JP3)	Discus (DS1)
100m	100m	100m	100m												
70m Back	70m Back	70m Back	70m Back												
				100m	100m	800m Back/Circ	800m Back/Circ	800m Back/Circ	800m Back/Circ						
										400m	400m			400m	400m
												400m	400m		

Hurdle Information															
	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	U14 Girls	U14 Boys	U15/16 G	U15/16B/17G	U17 Boys	Distance	
Distance	60mH	60mH	60mH	60mH	60mH	80mH	80mH	80mH	80mH	90mH	90mH	100mH	110mH	Distance	
Height	20cm	30cm	45cm	45cm	60cm	60cm	68cm	76cm	76cm	76cm	76cm	76cm	76cm	Height	
Colour	Red	Red	Red	Red	Red	Black	Black	Black	Black	White	White	Yellow	Blue	Colour	
Number	6	6	6	6	6	9	9	9	9	9	9	10	10	Number	