

PROGRAM Week 7

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															
Long Jump (JP1)	Long Jump (JP1a)	Shot Put (Ds1a)	Shot Put (Ds2a)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Long Jump (JP3)	Long Jump (JP2)	100m Back	100m Back					1500m Circ	1500m Circ
										100m Back	100m Back			100m	100m
								Shot Put (SP2)	Discus (DS2)	Javelin (JV1)	Javelin (JV1)			Shot Put (SP1)	Triple Jump (JP4)
60mH 20cm Back	60mH 20cm Back											Long Jump (JP1)	Discus (DS1)		
		60mH 30cm Back	60mH 30cm Back												
				200m Back Finish	200m Back Finish										
Shot Put (Ds1a)	Shot Put (Ds2a)	Long Jump (JP1)	Long Jump (JP1a)	Shot Put (SP3)	Discus (DS2)	TurboJav (Tjav1)	TurboJav (VT1)	200m Back Finish	200m Back Finish						
										1500m Circ	1500m Circ				
												200m	200m	200m	200m
								Scissor Jump (SJ1)	Scissor Jump (SJ2)						
										Triple Jump (JP2)	Triple Jump (JP3)			Triple Jump (JP4)	Shot Put (SP1)
												Shot Put (SP2)	Long Jump (JP1)		
		100m Back	100m Back												
70m Back	70m Back			100m	100m										
						100m	100m								
		70m Back	70m Back												
				70m Back	70m Back										
						70m Front	70m Front								
								70m Front	70m Front						
										200m Back Finish	200m Back Finish				
												1500m Circ	1500m Circ	100m	100m
Wrap UP															