

## PROGRAM Week 4

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 (JP2)	Shot Put (SP3)	Scissor Jump (SJ2)	60mH 45cm Back	60mH 45cm Back	60mH 60cm Back	60mH 60cm Back	Triple Jump (JP3)	Shot Put (SP2)	80mH 68cm Front	80mH 68cm Front	100mH (U15/16) 90mH (U14B) 80mH (U13)	100mH (U17) 90mH (U15/16) 80mH (U13/14)
						Turbo Jav (TJav1)	Discus (DS2)	Turbo Jav (VT1)	Scissor Jump (SJ1)			Javelin (JV1)	Long Jump (JP4)	High Jump (HJ1)	Shot Put (SP1)
200m Back/Circ	200m Back/Circ	200m Back/Circ	200m Back/Circ	60mH 45cm Back	60mH 45cm Back					80mH 60cm Front	80mH 60cm Front				
OnTrack	OnTrack	Discus (DS1a)	Discus (DS2a)	100m Back	100m Back			100m	100m	100m	100m			400m Back/Circ	400m Back/Circ
				Scissor Jump (SJ2)	Discus (DS2)	Long Jump (JP1)	Long Jump (JP2)	Scissor Jump (SJ1)	Turbo Jav (VT1)	Shot Put (SP2)	Triple Jump (JP4)	Long Jump (JP3)	Javelin (JV1)	Shot Put (SP1)	High Jump (HJ1)
100m Back	100m Back	100m Back	100m Back												
70m Front	70m Front	70m Front	70m Front	200m Back Finish	200m Back Finish	800m Back/Circ	800m Back/Circ	800m Back/Circ	800m Back/Circ						
										70m Front	70m Front			70m Front	70m Front
												70m Front	70m Front		
Wrap UP															

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	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	