

## PROGRAM Week 14

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 (DS2a)	Discus (DS1a)					100m	100m					100m	100m
				100m Back	100m Back	100m Back	100m Back			100m	100m	1500m Circ	1500m Circ		
				Long Jump (JP1)	TurboJav (TJav1)	Shot Put (SP3)	Scissor Jump (SJ1)	Long Jump (JP2)	Discus (VT1)	High Jump (HJ1)	Shot Put (SP2)	Triple Jump (JP4)	Discus (DS2)	Long Jump (JP3)	Discus (DS1)
100m Back	100m Back														
		100m Back	100m Back					70m Front	70m Front						
Shot Put (DS2a)	Discus (DS1a)	Long Jump (JP1)	Long Jump (JP1a)			400m Back/Circ	400m Back/Circ					100m	100m		
				70m Front	70m Front					70m Front	70m Front	1500m Circ	1500m Circ		
				TurboJav (TJav1)	Long Jump (JP1)	Scissor Jump (SJ1)	Shot Put (SP3)	Discus (DS2)	Long Jump (JP2)	Shot Put (SP2)	High Jump (HJ1)	Discus (DS1)	Triple Jump (JP4)	Shot Put (SP1)	Long Jump (JP3)
60mH Back (20cm Height)	60mH Back (20cm Height)	60mH Back (30cm Height)	60mH Back (30cm Height)												
		70m Back	70m Back												
						70m Front	70m Front	400m Back/Circ	400m Back/Circ						
										70m Front	70m Front			1500m Circ	1500m Circ
												70m Front	70m Front		
Wrap UP															