

PROGRAM Week 2

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															
OnTrack	OnTrack	Vortex (Ds1a)	Vortex (VT1)	Shot Put (SP2)	Scissor Jump (SJ1)	Long Jump (JP1)	Discus (DS2)	Long Jump (JP2)	TurboJav (TJAV1)	100m	100m				
												100m	100m		
70m Back	70m Back			Shot Put (SP2)	Scissor Jump (SJ1)	Long Jump (JP1)	Discus (DS2)	Long Jump (JP2)	TurboJav (TJAV1)	Long Jump (JP3)	Javelin (JV1)	Shot Put (SP1)	High Jump (HJ1)	Triple Jump (JP4)	Discus (DS1)
		70m Back	70m Back												
Vortex (Ds1a)	Vortex (VT1)	OnTrack	OnTrack	70m Back	70m Back			100m	100m						
60mH Back (20cm Height)	60mH Back (20cm Height)	60mH Back (30cm Height)	60mH Back (30cm Height)	Scissor Jump (SJ1)	Shot Put (SP2)	Discus (DS2)	Long Jump (JP1)	TurboJav (TJAV1)	Long Jump (JP2)	200m Front Finish	200m Front Finish				
										Javelin (JV1)	Long Jump (JP3)	High Jump (HJ1)	Shot Put (SP1)	Discus (DS1)	Triple Jump (JP4)
Wrap UP															