

PROGRAM Week 8

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 (SP2)	Discus (DS1a)					100m	100m					100m	100m				
				100m Back	100m Back	100m Back	100m Back			100m	100m	800m Back/Circ	800m Back/Circ						
				100m Back	100m Back	Long Jump (JP1)	TurboJav (VT1)	Shot Put (SP1)	Scissor Jump (SJ1)	Long Jump (JP2)	TurboJav (TJAV1)	High Jump (HJ1)	Discus (DS2)	Triple Jump (JP4)	Discus (DS1)	Javelin (JV1)	Long Jump (JP3)		
								70m Back	70m Back	70m Back	70m Back			800m Back/Circ	800m Back/Circ	100m	100m	70m Front	70m Front
				Shot Put (SP2)	Discus (DS1a)	Long Jump (JP1)	Long Jump (JP1a)			Scissor Jump (SJ1)	Discus (DS2)	TurboJav (TJAV1)	Long Jump (JP2)	Shot Put (SP1)	High Jump (HJ1)	Discus (DS1)	Triple Jump (JP4)	Long Jump (JP3)	Javelin (JV1)
				60mH Back (20cm Height)	60mH Back (20cm Height)	60mH Back (30cm Height)	60mH Back (30cm Height)	TurboJav (VT1)	Long Jump (JP1)										
				70m Back	70m Back	70m Back	70m Back			70m Back	70m Back	400m Back/Circ	400m Back/Circ					800m Back/Circ	800m Back/Circ
								400m Back/Circ	400m Back/Circ					70m Front	70m Front	70m Front	70m Front		
				Wrap UP															