

PROGRAM Week 12

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															
Vortex (Ds1a)	Long Jump (JP1a)	Vortex (VT1)	Long Jump (JP1)	400m Circ	400m Circ	200m	200m							300mH U15 & U16 200mH U13 & U14	300mH U15 & U16 200mH U13 & U14
				TurboJav (TJAV1)	Long Jump (JP4a)	400m Circ	400m Circ	200m	200m	Long Jump (JP4)	Discus (DS2)	Long Jump (JP3)	Javelin (JV1)	200m	200m
100m Back	100m Back			100m Back	100m Back										
				200m	200m										
Long Jump (JP1a)	Vortex (Ds1a)	Long Jump (JP1)	Vortex (VT1)	Long Jump (JP4a)	TurboJav (TJAV1)	400m Circ	400m Circ								
						200m	200m	400m Circ	400m Circ	200m	200m	400m Circ	400m Circ	200m	200m
70m Back	70m Back					Scissor Jump (SJ1)	Shot Put (SP2)	Discus (DS2)	Long Jump (JP4)	Javelin (JV1)	Long Jump (JP3)	High Jump (HJ1)	Shot Put (SP1)	Discus (DS1)	Long Jump (JP2)
		70m Back	70m Back												
200m Circ	200m Circ			70m Back	70m Back										
		400m Circ	400m Circ					70m Front	70m Front						
								70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front	70m Front
Wrap UP															

Opens Hurdle Information					
	Under 13	Under 14	Under 15	Under 16	
Distance	200mH	200mH	300mH	300mH	Distance
Height	68cm	76cm	76cm	76cm	Height
Colour	Green	Green	Green	Green	Colour
Number	5	5	7	7	Number

Colour	Red	Red	Red	Red	Red	Black	Black	Black	Black	White	White	Yellow	Colour
Number	6	6	6	6	6	9	9	9	9	9	9	10	Number