

## PROGRAM Week 17

| 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    | Under 13 Girls  | Open Boys       | Open Girls     |
|-----------------------|-----------------------|-----------------|-----------------|------------------|------------------|--------------------|--------------------|-----------------|-----------------|-----------------|-----------------|-------------------|-------------------|-----------------|-----------------|----------------|
| Warm UP               |                       |                 |                 |                  |                  |                    |                    |                 |                 |                 |                 |                   |                   |                 |                 |                |
| Vortex (Tjav1)        | Long Jump (JP1a)      | Vortex (VT1)    | Long Jump (JP1) | 400m Circ        | 400m Circ        | Discus (DS2)       | Scissor Jump (SJ1) |                 |                 | Long Jump (JP4) | Javelin (JV1)   |                   |                   |                 | 100m            | 100m           |
|                       |                       |                 |                 | Discus (DS2a)    | Long Jump (JP3a) |                    |                    | 400m Circ       | 400m Circ       |                 |                 | 100m              | 100m              | 100m            |                 |                |
|                       |                       |                 |                 |                  |                  |                    |                    | Long Jump (JP3) | Shot Put (SP2)  |                 |                 | Shot Put (SP1)    | Triple Jump (JP1) | High Jump (HJ2) | High Jump (HJ1) | Shot Put (SP2) |
| 100m Back             | 100m Back             |                 |                 |                  |                  | 100m               | 100m               |                 |                 |                 |                 |                   |                   |                 |                 |                |
|                       |                       | 100m Back       | 100m Back       | 200m Back Finish | 200m Back Finish |                    |                    |                 |                 |                 |                 |                   |                   |                 |                 |                |
| Long Jump (JP1a)      | Vortex (Tjav1)        | Long Jump (JP1) | Vortex (VT1)    | Long Jump (JP4a) | Shot Put (SP2)   | Scissor Jump (SJ1) | Shot Put (SP2)     | 100m            | 100m            |                 |                 | 400m Circ         | 400m Circ         |                 | 400m Circ       | 400m Circ      |
|                       |                       |                 |                 |                  |                  |                    |                    |                 |                 |                 |                 |                   |                   |                 |                 |                |
| 70m Back              | 70m Back              |                 |                 |                  |                  |                    |                    | Discus (DS2)    | Long Jump (JP4) | Javelin (JV1)   | Long Jump (JP3) | Triple Jump (JP1) | Shot Put (SP1)    | Shot Put (SP2)  | 400m Circ       | 400m Circ      |
|                       |                       | 70m Back        | 70m Back        |                  |                  |                    |                    |                 |                 |                 |                 |                   |                   |                 |                 |                |
| 200m Circ Back Finish | 200m Circ Back Finish |                 |                 | 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       | 70m Front      |
|                       |                       |                 |                 |                  |                  |                    |                    |                 |                 |                 |                 |                   |                   |                 |                 |                |
| Wrap UP               |                       |                 |                 |                  |                  |                    |                    |                 |                 |                 |                 |                   |                   |                 |                 |                |