

# PROGRAM Week 1

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	Long Jump (JP1)	Long Jump (JP1a)	100m	100m	100m	100m	100m	100m	Triple Jump (JP4)	Discus (DS1)	Long Jump (JP3)	Javelin (Jav1)	Shot Put (SP1)	High Jump (HJ1)
				Long Jump (JP2)	Discus (DS2)	Scissor Jump (SJ2)	TurboJav (TJAV1)	Shot Put (SP2)	Scissor Jump (SJ1)						
70m Back	70m Back	70m Back	70m Back	Long Jump (JP2)	Discus (DS2)	Scissor Jump (SJ2)	TurboJav (TJAV1)	Shot Put (SP2)	Scissor Jump (SJ1)	100m	100m	Long Jump (JP3)	Javelin (Jav1)	Shot Put (SP1)	High Jump (HJ1)
Discus (DS1a)	Discus (DS2a)	OnTrack	OnTrack							200m Back	200m Back				
				Long Jump (JP1)	Long Jump (JP1a)	Discus (DS1a)	Discus (DS2a)	Long Jump (JP2)	Scissor Jump (SJ2)	Scissor Jump (SJ1)	Shot Put (SP2)	Discus (DS1)	Triple Jump (JP4)	Long Jump (JP3)	High Jump (HJ1)
Long Jump (JP1)	Long Jump (JP1a)	Discus (DS1a)	Discus (DS2a)	Long Jump (JP2)	Discus (DS2)	Scissor Jump (SJ2)	TurboJav (TJAV1)	Shot Put (SP2)	Scissor Jump (SJ1)	Discus (DS1)	Triple Jump (JP4)	Long Jump (JP3)	Javelin (Jav1)	Shot Put (SP1)	High Jump (HJ1)
Wrap UP															