

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	Under 13 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 U14
				Shot Put (SP3)	Long Jump (JP3a)	Shot Put (SP2)	Scissor Jump (SJ1)	Long Jump (JP3)	Discus (DS2)	Long Jump (JP4)	Javelin (JV1)	200m	200m	Shot Put (SP1)	High Jump (HJ1)	Long Jump (JP4)
100m Back	100m Back	100m Back	100m Back	200m	200m							200m	200m			
Long Jump (JP1a)	Vortex (Ds1a)	Long Jump (JP1)	Vortex (VT1)	Long Jump (JP4a)	Discus (DS2a)	Scissor Jump (SJ1)	Shot Put (SP2)	200m	200m			400m Circ	400m Circ			
				Long Jump (JP4)	Discus (DS2)	Long Jump (JP4)	Javelin (JV1)	Long Jump (JP3)	High Jump (HJ1)	Shot Put (SP1)	Discus (DS2)	Long Jump (JP2)	Discus (DS1)	Long Jump (JP2)	200m	200m
70m Back	70m Back	70m Back	70m Back	70m Back	70m Back							70m Front	70m Front			
200m Circ	200m Circ					70m Front	70m Front	70m Front	70m Front			70m Front	70m Front	70m Front	70m Front	70m Front
Wrap UP																