

## PROGRAM Week 3

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	Shot Put (SP2)	Shot Put (SP3)					100m	100m					800m Back/Circ	800m Back/Circ		
				100m	100m					800m Back/Circ	800m Back/Circ			800m Back/Circ	800m Back/Circ		
				Long Jump (JP1)	TurboJav (TJAV1)	Shot Put (SP1)	Scissor Jump (SJ1)	Long Jump (JP2)	Discus (DS1a)			High Jump (HJ1)	Discus (DS2)	Triple Jump (JP4)	Discus (DS1)	Javelin (JV1)	Long Jump (JP3)
100m	100m																
Shot Put (SP2)	Shot Put (SP3)	100m	100m														
								Long Jump (JP2)	Discus (DS2)	Long Jump (JP1)		100m	100m	100m	100m	100m	100m
		OnTrack	OnTrack			Shot Put (SP1)	Scissor Jump (SJ1)										
				TurboJav (TJAV1)	Long Jump (JP2)	Scissor Jump (SJ1)	TurboJav (VT1)										
60mH Back (20cm Height)	60mH Back (20cm Height)																
		60mH Back (30cm Height)	60mH Back (30cm Height)														
70m Back	70m Back																
		70m Back	70m Back														
				70m Back	70m Back												
Wrap UP																	