

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	100m	100m			800m Back/Circ	800m Back/Circ	800m Back/Circ	800m Back/Circ		
				100m	100m			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)
100m	100m	100m	100m					400m Back/Circ	400m Back/Circ	400m Back/Circ	400m Back/Circ			100m	100m	100m	100m
Shot Put (SP2)	Shot Put (SP3)	OnTrack	OnTrack			400m Back/Circ	400m Back/Circ			Long Jump (JP1)	Long Jump (JP1)	100m	100m				
60mH Back (20cm Height)	60mH Back (20cm Height)			60mH Back (30cm Height)	60mH Back (30cm Height)	TurboJav (TJAV1)	Long Jump (JP2)	Scissor Jump (SJ1)	TurboJav (VT1)	Discus (DS1)	Long Jump (JP1)	Shot Put (SP1)	High Jump (HJ1)	Discus (DS1)	Triple Jump (JP4)	Long Jump (JP3)	Javelin (JV1)
70m Back	70m Back							70m Front	70m Front								
		70m Back	70m Back			70m Back	70m Back					70m Front	70m Front	70m Front	70m Front		
				70m Back	70m Back					70m Front	70m Front						
Wrap UP																	