

## PROGRAM Week 15

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															
Vortex (VT1)	Vortex (DS1a)	Long Jump (JP1)	Long Jump (JP1a)	Discus (DS2a)	Scissor Jump (SJ2)	60mH 45cm Back	60mH 45cm Back	60mH 60cm Back	60mH 60cm Back	Discus (DS1)	Triple Jump (JP4)	80mH 68cm Front	80mH 68cm Front	100mH (U15/16) 90mH (U14B) 80mH (U13)	100mH (U17) 90mH (U15/16) 80mH (U13/14)
						Discus (DS2)	Long Jump (JP1)	Turbo Jav (TJav1)	Scissor Jump (SJ1)			Javelin (JV1)	Long Jump (JP2)	Shot Put (SP1)	Long Jump (JP3)
60mH Back (20cm Height)	60mH Back (20cm Height)	60mH Back (30cm Height)	60mH Back (30cm Height)	60mH 45cm Back	60mH 45cm Back	100m	100m	100m	100m	80mH 60cm Front	80mH 60cm Front	400m Back/Circ	400m Back/Circ	400m Back/Circ	400m Back/Circ
Long Jump (JP1)	Long Jump (JP1a)	Vortex (VT1)	Vortex (DS1a)	Scissor Jump (SJ2)	Shot Put (SP2)					Long Jump (JP1)	Discus (DS2)				
						100m	100m	100m	100m						
70m Back	70m Back	70m Back	70m Back	200m Back Finish	200m Back Finish	800m Back/Circ	800m Back/Circ	800m Back/Circ	800m Back/Circ	100m	100m	100m	100m	100m	100m
Wrap UP															

**Hurdle Information**

	<b>Under 6</b>	<b>Under 7</b>	<b>Under 8</b>	<b>Under 9</b>	<b>Under 10</b>	<b>Under 11</b>	<b>Under 12</b>	<b>Under 13</b>	<b>U14 Girls</b>	<b>U14 Boys</b>	<b>U15/16 G</b>	<b>U15/16B/17G</b>	<b>U17 Boys</b>	
Distance	60mH	60mH	60mH	60mH	60mH	80mH	80mH	80mH	80mH	90mH	90mH	100mH	110mH	Distance
Height	20cm	30cm	45cm	45cm	60cm	60cm	68cm	76cm	76cm	76cm	76cm	76cm	76cm	Height
Colour	Red	Red	Red	Red	Red	Black	Black	Black	Black	White	White	Yellow	Blue	Colour
Number	6	6	6	6	6	9	9	9	9	9	9	10	10	Number