

PROGRAM Week 16

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															
Long Jump (JP1)	Long Jump (JP1a)	Shot Put (Ds1a)	Shot Put (Ds2a)	Scissor Jump (SJ2)	Discus (DS2)	Long Jump (JP3)	Scissor Jump (SJ1)	100m Back	100m Back					1500m Circ	1500m Circ
										100m Back	100m Back			100m	100m
								Long Jump (JP1)	Shot Put (SP3)	Shot Put (SP1)	Shot Put (SP2)	High Jump (HJ1)	Discus (DS1)	Javelin (JV1)	Triple Jump (JP4)
60mH 20cm Back	60mH 20cm Back	60mH 30cm Back	60mH 30cm Back												
				200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish	200m Back Finish						
Shot Put (Ds1a)	Shot Put (Ds2a)	Long Jump (JP1)	Long Jump (JP1a)	Shot Put (SP2)	Scissor Jump (SJ2)	Scissor Jump (SJ1)	Long Jump (JP3)	Shot Put (SP1)	Long Jump (JP3)	1500m Circ	1500m Circ			200m	200m
100m Back	100m Back									Long Jump (JP3)	Long Jump (JP2)	Discus (DS1)	High Jump (HJ1)	Triple Jump (JP4)	Javelin (JV1)
		100m Back	100m Back												
70m Back	70m Back			100m	100m										
		70m Back	70m Back												
				70m Back	70m Back										
						70m Front	70m Front			70m Front	70m Front				
										200m Back Finish	200m Back Finish			100m	100m
												1500m Circ	1500m Circ		
Wrap UP															