

PROGRAM Week 5

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 (Ds1a)	Long Jump (JP1a)	Vortex (VT1)	Long Jump (JP1)	400m Circ	400m Circ	200m	200m					Long Jump (JP3)	Javelin (JV1)	200m	200m	300mH U15 & U16 200mH U13 & U14	300mH U15 & U16 200mH U13 & U14
				TurboJav (TJAV1)	Long Jump (JP4a)	400m Circ	400m Circ	400m Circ	400m Circ	Long Jump (JP4)	Discus (DS2)			Long Jump (JP3)	Javelin (JV1)	400m Circ	400m Circ
100m Back	100m Back			200m	200m							200m	200m				
Long Jump (JP1a)	Vortex (Ds1a)	Long Jump (JP1)	Vortex (VT1)	Long Jump (JP4a)	TurboJav (TJAV1)	400m Circ	400m Circ	200m	200m			400m Circ	400m Circ	200m	200m		
						Scissor Jump (SJ1)	Shot Put (SP2)	Discus (DS2)	Long Jump (JP4)	Javelin (JV1)	Long Jump (JP3)	High Jump (HJ1)	Shot Put (SP1)	Discus (DS1)	Long Jump (JP2)		
70m Back	70m Back			70m Back	70m Back							70m Front	70m Front				
200m Circ	200m Circ			400m Circ	400m Circ							70m Front	70m Front	70m Front	70m Front	70m Front	70m Front
Wrap UP																	

Opens Hurdle Information					
	Under 13	Under 14	Under 15	Under 16	
Distance	200mH	200mH	300mH	300mH	Distance
Height	68cm	76cm	76cm	76cm	Height

Colour	Green	Green	Green	Green	Colour
Number	5	5	7	7	Number