

PROGRAM Week 8

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 (SP2)	Discus (DS1a)					100m	100m					100m	100m
				100m Back	100m Back	100m Back	100m Back			100m	100m	800m Back/Circ	800m Back/Circ		
100m Back	100m Back			Long Jump (JP1)	TurboJav (VT1)	Shot Put (SP1)	Scissor Jump (SJ1)	Long Jump (JP2)	TurboJav (TJAV1)	High Jump (HJ1)	Discus (DS2)	Triple Jump (JP4)	Discus (DS1)	Javelin (JV1)	Long Jump (JP3)
		100m Back	100m Back					70m Back	70m Back						
Shot Put (SP2)	Discus (DS1a)	Long Jump (JP1)	Long Jump (JP1a)	70m Back	70m Back	400m Back/Circ	400m Back/Circ			800m Back/Circ	800m Back/Circ	100m	100m	70m Front	70m Front
60mH Back (20cm Height)	60mH Back (20cm Height)			TurboJav (VT1)	Long Jump (JP1)	Scissor Jump (SJ1)	Discus (DS2)	TurboJav (TJAV1)	Long Jump (JP2)	Shot Put (SP1)	High Jump (HJ1)	Discus (DS1)	Triple Jump (JP4)	Long Jump (JP3)	Javelin (JV1)
70m Back	70m Back	60mH Back (30cm Height)	60mH Back (30cm Height)												
		70m Back	70m Back					400m Back/Circ	400m Back/Circ					800m Back/Circ	800m Back/Circ
						70m Back	70m Back					70m Front	70m Front		
				400m Back/Circ	400m Back/Circ					70m Front	70m Front				
Wrap UP															