PROGRAM Week 2

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	Vortex (Ds1a)	Vortex (VT1)	Shot Put (SP2)	Scissor Jump (SJ1)	Long Jump (JP1)	Discus (DS2)	Long Jump (JP2)	TurboJav (TJAV1)	100m	100m				
												100m	100m		
										Long Jump (JP3)	Javelin (JV1)			100m	100m
70m Back	70m Back											Shot Put (SP1)	High Jump (HJ1)		
		70m Back	70m Back											Triple Jump (JP4)	Discus (DS1)
Vortex (Ds1a)	Vortex (VT1)			70m Back	70m Back			100m	100m						
		OnTrack	OnTrack			100m	100m								
								TurboJav (TJAV1)	Long Jump (JP2)	200m Front Finish	200m Front Finish				
				Scissor Jump (SJ1)	Shot Put (SP2)	Discus (DS2)	Long Jump (JP1)					200m Front Finish	200m Front Finish		
														200m Front Finish	200m Front Finish
60mH Back (20cm Height)	60mH Back (20cm Height)									Javelin (JV1)	Long Jump (JP3)	High Jump (HJ1)	Shot Put (SP1)		
		60mH Back (30cm Height)	60mH Back (30cm Height)											Discus (DS1)	Triple Jump (JP4)
								200m Front Finish	200m Front Finish						
						200m Front Finish	200m Front Finish								
				200m Front Finish	200m Front Finish										
Wrap UP															