PROGRAM Week 7

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 (SJ1)	Scissor Jump (SJ2)	Long Jump (JP3)	Long Jump (JP2)	100m Back	100m Back					1500m Circ	1500m Circ
										100m Back	100m Back				
												100m	100m		
								Shot Put (SP2)	Discus (DS2)						
										Javelin (JV1)	Javelin (JV1)				
200m Circ	200m Circ											Long Jump (JP1)	Discus (DS1)	Shot Put (SP1)	Triple Jump (JP4)
		200m Circ	200m Circ												
				200m Back Finish	200m Back Finish										
						200m Back Finish	200m Back Finish								
								200m Back Finish	200m Back Finish						
										1500m Circ	1500m Circ				
Shot Put (Ds1a)	Shot Put (Ds2a)													200m	200m
												200m	200m		
		Long Jump (JP1)	Long Jump (JP1a)	Shot Put (SP3)	Discus (DS2)	TurboJav (Tjav1)	TurboJav (VT1)								
								Scissor Jump (SJ1)	Scissor Jump (SJ2)						
										Triple Jump (JP2)	Triple Jump (JP3)			Triple Jump (JP4)	Shot Put (SP1)
100m Back	100m Back											Shot Put (SP2)	Long Jump (JP1)		
		100m Back	100m Back												
70m Back	70m Back			100m	100m										
						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															