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	Under 13 Girls	Open Boys	Open Girls
Warm UP																
Vortex (Ds1a)	Long Jump (JP1a)	Vortex (VT1)	Long Jump (JP1)	400m Circ Back	400m Circ Back				Discus (DS2)	Long Jump (JP3)	Javelin (JV1)			200mH 68cm	300mH U15 & U16 200mH U13 & U14	300mH U15 & U16 200mH U14
						200m	200m	400m Circ Back				200m	200m			
				TurboJav (TJAV1)	Long Jump (JP3a)	Shot Put (SP2)	Scissor Jump (SJ1)	Long Jump (JP4)				Shot Put (SP1)	High Jump (HJ1)	Discus (DS2)	Triple Jump (JP2)	Discus (DS1)
100m Back	100m Back															
		100m Back	100m Back	200m	200m				400m Circ Back	200m	200m					
Long Jump (JP1a)	Vortex (Ds1a)					400m Circ Back	400m Circ Back									
								200m	200m			400m Circ Back	400m Circ Back	100m		
		Long Jump (JP1)	Vortex (VT1)	Long Jump (JP3a)	TurboJav (TJAV1)					400m Circ Back	400m Circ Back				100m	100m
						Scissor Jump (SJ1)	Shot Put (SP3)	Shot Put (SP2)	Long Jump (JP4)							
70m Back	70m Back									Javelin (JV1)	Long Jump (JP3)	High Jump (HJ1)	Discus (DS2)	Triple Jump (JP1)	Discus (DS1)	Triple Jump (JP2)
		70m Back	70m Back													
				70m Back	70m Back											
200m Circ Back	200m Circ Back															
		200m Circ Back	200m Circ Back			70m Front	70m Front									
								70m Front	70m Front							
										70m Front	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