

# Program 1

U6	U7	U8	U9	U10	U11	U12	U13/14/15
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
50m	Long Jump Pit 2	700m Pack	Discus 500g	Shot Put 2kg Orange Circle 1	Triple Jump Pit 1	100m	200m Hurdles
300m Pack	Long Jump Pit 2	70m	Discus 500g	Shot Put 2kg Orange Circle 1	Triple Jump Pit 1	High Jump 1.05m start	100m
Long Jump Pit 2	70m	Shot Put 1.5kg Yellow Circle 1	70m	800m Pack	200m	High Jump 1.05m start	Long Jump Pit 1
Long Jump Pit 2	Shot Put 1kg Blue Circle 2	Shot Put 1.5kg Yellow Circle 1	200m	High Jump 0.85m start	Discus 750g	800m Pack	Long Jump Pit 1
100m	Shot Put 1kg Blue Circle 2	100m	Long Jump Pit 1	High Jump 0.85m start	Discus 750g	200m	800m Pack
Shot Put Ball Throw Circle 2	200m	Long Jump Pit 2	Long Jump Pit 1	100m	800m Pack	Discus 750g	Shot Put 15B=4kg 13/14 G/B & 15G=3kg Circle 1 <b>OR</b> High Jump 1.10m start
Shot Put Ball Throw Circle 2	100m	Long Jump Pit 2	800m Pack	200m	100m	Discus 750g	

\* 2 High Jump sets required

\* 200m Hurdles. x6 lanes x30 flights required.

# Program 2

U6	U7	U8	U9	U10	U11	U12	U13/14/15
Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
50m	500m pack	Discus 500g	Shot Put 2kg Orange Circle 1	100m	Long Jump Pit 1	400m	High Jump 1.10m start
Long Jump Pit 2	50m	Discus 500g	Shot Put 2kg Orange Circle 1	1500m Pack	Long Jump Pit 1	60m Hurdles <b>OR</b> 100m	High Jump 1.10m start
Long Jump Pit 2	Discus 350g	100m	800m Pack	Shot Put 2kg Orange Circle 1	60m Hurdles	Long Jump Pit 1	400m
100m	Discus 350g	400m	100m	Shot Put 2kg Orange Circle 1	1500m Pack	Long Jump Pit 1	100m
Discus Training Up Hill	70m	High Jump Training	Long Jump Pit 1	60m Hurdles	Shot Put 2kg Orange Circle 1	1500m Pack	Discus 13G=750G 13B,14/15=1KG
Discus Training Up Hill	Long Jump Pit 2	60m Hurdles	Long Jump Pit 1	400m	Shot Put 2kg Orange Circle 1	Shot Put G=2kg B=3kg Circle 1	Discus 13G=750G 13B,14/15=1KG
70m	Long Jump Pit 2		60m Hurdles		400m	Shot Put G=2kg B=3kg Circle 1	3000m Pack

\* 2 High Jump sets required

**Invitational High Jump U9-12 only. Start Height 1.20m.**

Choose time slot 3&4 after U13 HJ **OR** time slot 6&7 after U8 HJ

# Program 3

as at 18/11/11

	U6	U7	U8	U9	U10	U11	U12	U13/14/15	
	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Javelin weight 13/14G = 400g 15G = 500g 13/14B = 600g 15B = 700g
1	Long Jump Pit 2	Shot Put 1kg Blue Circle 2	200m	Shot Put 2kg Orange Circle 1	Long Jump Pit 1	High Jump 0.95m start	Javelin 400g	Sprint Hurdles OR 100m	
2	Long Jump Pit 2	Shot Put 1kg Blue Circle 2	700m Pack	Shot Put 2kg Orange Circle 1	Long Jump Pit 1	High Jump 0.95m start	60m Hurdles	Javelin OR 100m	
3	100m	500m	Shot Put 1.5kg Yellow Circle 1	100m	60m Hurdles	200m	Triple Jump Pit 1	Javelin	
4	300m Pack	Long Jump Pit 2	Shot Put 1.5kg Yellow Circle 1	High Jump 0.75m start	100m	60m Hurdles	Triple Jump Pit 1	1500m	
5	Shot Put Ball Throw Circle 2	Long Jump Pit 2	70m	High Jump 0.75m start	7.20pm start Discus 500g	Shot Put 2kg Orange Circle 1	100m	200m	
6	Shot Put Ball Throw Circle 2	100m	Long Jump Pit 2	60m Hurdles	8.00pm finish Discus 500g	Shot Put 2kg Orange Circle 1	200m	Triple Jump Pit 1	
7	70m	70m	Long Jump Pit 2	400m	70m	100m		Triple Jump Pit 1	8.00pm start <b>Invitational Discus. All age groups. PB must be &gt;20m.</b>
8	* 2 High Jump Sets required						Invitational High Jump U12-15 only. Start Height 1.40m. After U9 HJ 7.40pm		