

WEEKLY PROGRAMME - 2018/2019

(Program subject to change)

WEEK 1

Tiny Tots	1-hour program					
Under 6	100m	300m	Shot	Long		
Under 7	100m	500m	Discus			
Under 8	60m/h	200m	700m	Long		
Under 9	60m/h	200m	Long	Discus		
Under 10	60m/h	200m	Long	Shot		
Under 11	60m/h	1500m	Triple	Discus		
Under 12	60m/h	1500m	Triple	Javelin		
Under 13	80m/h		200m	1500m	Long	
	Javelin					
Under 14	80m/h(G)	90m/h(B)	200m	1500m	Long	
	Javelin					
Under 15	90m/h(G)	100m/h(B)	200m	1500m	Long	
	Javelin					
Under 17	100m/h(G)	100m/h(B)	200m	1500m	Long	Javelin

Multiclass Program

<8yrs	100m	400m	Discus
>9yrs	100m	800m	Discus

WEEK 2

Tiny Tots	1-hour program			
Under 6	50m	70m	200m	Discus
Under 7	50m	70m	200m	Shot
Under 8	70m	100m	400m	Discus
Under 9	70m	100m	800m	Long
Under 10	70m	800m	Long	Turbo Javelin
Under 11	200m	800m	High	Javelin
Under 12	200m	800m	High	Discus
Under 13	800m	200m/h	High	Shot
Under 14	800m	200m/h	High	Shot
Under 15	800m	300m/h	High	Shot
Under 17	800m	300m/h	High	Shot

Multiclass Program

<8yrs	50m	70m	Shot Put	Long Jump
>9yrs	70m	200m	Shot Put	Long Jump

WEEK 3

Tiny Tots	1-hour program				
Under 6	70m	100m	Long		
Under 7	70m	100m	Shot	Long	
Under 8	70m	100m	Shot	High Elastic	(optional)
Under 9	100m	400m	Scissor High	Shot	
Under 10	100m	400m	High	Discus	
Under 11	100m	400m	Long	Shot	
Under 12	100m	400m	Long	Shot	
Under 13	100m	400m	3000m	Triple	Discus
Under 14	100m	400m	3000m	Triple	Discus
Under 15	100m	400m	3000m	Triple	Discus
Under 17	100m	400m	3000m	Triple	Discus

Multiclass Program

<8yrs	100m	200m	Long Jump	Discus
>9yrs	100m	200m	Long Jump	Discus