

WEEKLY SCHEDULE OF EVENTS

WEEK 1

	6s	7s	8s	9s	10s	11s	12s	13s –19s
8:00								1500m (8) or U13: Javelin
8:30								200mH/ 300mH (3)
1		Discus (6)	100m (1)	High Jump (5)	70m (2)	Shot Put (7)	1500m (8)	Shot Put (7) 400m (9)
2	Long Jump (4a)	100m (1)	200m (3)		Discus (6)	1500m (8)	Long Jump (4)	
3	50m (2)	70m (2)	Shot Put (7)		200m (3)	800m (8)		
4	100m (1)	50m (2)	Pack Start 700m (11)	Shot Put (7)	Long Jump (4)	High Jump (5)	400m (9)	100m (1)
5	Discus (6)	Shot Put (7)	Long Jump (4)	800m (8)	60mH (2)		400m (9)	100m (1)
6	Pack Start 300m (11)	Pack Start 500m (10)		70m (2)	400m (9)	100m (1)	Discus (6)	

WEEK 2

	6s	7s	8s	9s	10s	11s	12s	13s –19s
8:00								3000m (3) or 14-17: Jav
8:15					1100mW (8)	1100mW (8)	1500mW (8)	1500mW (8)
1		70m (2)	Discus (6)	Long Jump (4)	200m (3)	800m (8)	Shot Put (7)	80-100mH (1)
2	70m (2)	Shot Put (7)	100m (1)	700mW (11)	High Jump (5)	Discus (6)	200m (3)	Long Jump (4)
3	Discus (6)	Long Jump (4a)	Pack Start 700m (11)	100m (1)		200m (3)	80mH (2)	
4	200m (3)		Shot Put (7)	Discus (6)		100m (1)	80mH (2)	
5	Shot Put (7)	100m (1)	60mH (2)	400m (9)	800m (8)	Long Jump (4)	Discus (6)	
6	Long Jump (4a)	50m (1)	200m (3)	60mH (2)	Shot Put (7)			800m (8)

CONTINUED OVER

WEEKLY SCHEDULE OF EVENTS

WEEK 3

	6s	7s	8s	9s	10s	11s	12s	13s-19s
8:00								U13: Javelin
8:30								
1		Discus (6)	Long Jump (4)	Shot Put (7)	800m (8)	400m (9)	100m (1)	High Jump (5)
2	50m (2)	200m (3)		200m (3)	Discus (6)	100m (1)	1500m (8)	
3	Discus (6)	100m (1)	400m (9)	High Jump (5)	60mH (2)	Shot Put (7)	Long Jump (4)	1500m (8)
4	100m (1)	Shot Put (7)	Discus (6)		400m (9)	1500m (8)	80mH (2)	Triple Jump (4)
5	Shot Put (7)	Long Jump (4a)	70m (2)	800m (8)	Long Jump (4)	High Jump (5)	400m (9)	100m (1)
6	Pack Start 300m (11)		60mH (2)	100m (1)			Discus (6)	400m (9)

WEEK 4

	6s	7s	8s	9s	10s	11s	12s	13s-19s
8:00								3000m (3) or 14-17: Jav
8:15					1100mW (8)	1100mW (8)	1500mW (8)	1500mW (8)
1	Long Jump (4a)	Discus (6)	70m (2)	700mW (11)	200m (3)	Long Jump (4)	Shot Put (7)	80-100mH (1)
2		Shot Put (7)	Discus (6)	70m (2)	High Jump (5)		100m (1)	200m (3)
3	70m (2)	Pack Start 500m (10)	100m (1)	Long Jump (4)			800m (8)	200m (3)
4	200m (3)	50m (2)	Shot Put (7)			100m (1)	Discus (6)	High Jump (5)
5	Shot Put (7)	Long Jump (4a)	60mH (2)	400m (9)	800m (8)	200m (3)		
6	100m (1)		400m (9)	Discus (6)	Shot Put (7)	80mH (2)	800m (8)	

WEEKLY SCHEDULE OF EVENTS

WEEK 5

	6s	7s	8s	9s	10s	11s	12s	13s -19s
8:00								U13: Javelin
8:30								200mH/ 300mH (3)
1	Pack Start 300m (11)	70m (2)	Shot Put (7)	High Jump (5)	70m (1)	1500m (8)	Long Jump (4)	1500m (8)
2	Discus (6)	50m (2)	100m (1)		400m (9)	Shot Put (7)		
3		200m (3)	70m (1)	200m (3)	Long Jump (4)	80mH (2)	1500m (8)	High Jump (5)
4	Shot Put (7)	Long Jump (4a)	Pack Start 700m (11)	Shot Put (7)		400m (9)	100m (1)	Discus (6)
5	70m (2)		Long Jump (4)	60mH (2)	100m (1)	High Jump (5)	Discus (6)	400m (9)
6	50m (2)			800m (8)	Discus (6)		400m (9)	Triple Jump (4)

WEEK 6

	6s	7s	8s	9s	10s	11s	12s	13s -19s
8:00								14-17: Jav
8:15					1100mW (8)	1100mW (8)	1500mW (8)	1500mW (8)
1	Long Jump (4a)	Discus (6)	Long Jump (4)	700mW (11)	Shot Put (7)	200m (3)	80mH (2)	100m (1)
2		100m (1)		60mH (2)	200m (3)	Discus (6)	800m (8)	Long Jump (4)
3	200m (3)	70m (2)	70m (1)	Discus (6)	High Jump (5)	Long Jump (4)	Shot Put (7)	800m (8)
4	Discus (6)	Pack Start 500m (10)	60mH (2)	100m (1)			200m (3)	Shot Put (7)
5	50m (2)	Shot Put (7)	200m (3)	Long Jump (4)	800m (8)	100m (1)	High Jump (5)	Discus (6)
6	100m (1)	200m (3)	Discus (6)		60mH (2)	800m (8)		200m (3)