

WEEK 1

	Block 1 5.45pm Start	Block 2	Block 3	Block 4	Block 5	Block 6
6 Boys	100m (back straight)	Vortex Training (No measure)	300m	Long Jump (Pit 1B)	50m (front straight)	RELAYS <i>available while 3Km running to all other age groups Meet @ 50m start on front straight</i>
6 Girls	100m (back straight)	Long Jump (Pit 3A)	300m	Discus (Cage 2) Pack Up		
7 Boys	100m (back straight)	Long Jump (Pit 4B)	500m	Shot Put (Area 2) Pack Up		
7 Girls	100m (back straight)	Shot Put (Area 1)	500m	Long Jump (Pit 3A)		
8 Boys	100m (front straight)	Training Scissor Jump (No measure)	700m	Shot Put (Area 3)	70m (front straight)	
8 Girls	100m (front straight)	Discus (Cage 1) Second cage available	700m	Training Scissor Jump (No measure) Pack Up	70m (front straight)	
9 Boys	800m	Long Jump (Pit 2A)	100m (front straight)	Training Turbo Javelin (No measure) Pack Up	70m (front straight)	
9 Girls	800m	Shot Put (Area 2)	100m (front straight)	Long Jump (Pit 4B)		

	Block 1	Block 2 6.15pm start	Block 3	Block 4	Block 5	Block 6
10 Boys		100m (front straight)	Long Jump (Pit 1B+1A)	800m	Shot Put (Area 3) Pack Up	
10 Girls		100m (front straight)	Training Turbo Javelin (No measure) Pack Up	800m	Long Jump (Pit 1B+1A) Pack Up	70m (front straight)
11 Boys		100m (front straight)	Discus(Cage 1)	400m	Long Jump (Pit 3A) Pack Up	RELAYS <i>available while 3Km running to all other age groups Meet @ 50m start on front straight</i>
11 Girls		100m (front straight)	Long Jump (Pit 2A)	400m	Discus (Cage 1) Pack Up	
12 Boys		High Jump	400m	Shot Put (Area 1)	100m (front straight)	
12 Girls		Shot Put (Area 3)	400m	High Jump Pack Up	100m (front straight)	
	Block 1	Block 2 6.15pm start	Block 3	Block 4	Block 5	Block 6
13's		Long Jump (Pit 3A)	400m	Javelin	100m (front straight)	3Km
14's-15's		Javelin	400m	Long Jump (Pit 3A)	100m (front straight)	
16's-Opens		Triple Jump (Pit 4B) Pack Up	400m	Shot Put (Area 1)	100m (front straight)	