

## WEEK 2

|                | Block 1<br>5.45pm Start | Block 2                                                     | Block 3                                   | Block 4                                | Block 5                                                     | Block 6 |
|----------------|-------------------------|-------------------------------------------------------------|-------------------------------------------|----------------------------------------|-------------------------------------------------------------|---------|
| <b>6 Boys</b>  | 50m                     | Long Jump<br>(Pit 1A)                                       | 300m                                      | Shot Put (Area<br>3) <b>Packup</b>     |                                                             |         |
| <b>6 Girls</b> | 50m                     | Shot Put (Area 2)                                           | 300m                                      | Long Jump<br>(Pit 1A)<br><b>Packup</b> |                                                             |         |
| <b>7 Boys</b>  | 50m                     | Discus (Cage 2)                                             | 500m                                      | Long Jump<br>(Pit 1B)<br><b>Packup</b> |                                                             |         |
| <b>7 Girls</b> | 50m                     | Long Jump<br>(Pit 1B)                                       | 500m                                      | Discus (Cage 2)                        |                                                             |         |
| <b>8 Boys</b>  | Short Hurdles           | Training<br>Turbo Javelin<br>(No measure)<br><b>Pack Up</b> | 400m P/S                                  | Long Jump<br>(Pit 3A)                  | 100m FS                                                     |         |
| <b>8 Girls</b> | Short Hurdles           | 400m P/S                                                    | Long Jump<br>(Pit 3A)                     | 100m FS                                | Training<br>Turbo Javelin<br>(No measure)<br><b>Pack Up</b> |         |
| <b>9 Boys</b>  | 700m Walk               | Short Hurdles                                               | Scissor Jump                              | 400m                                   | Shot Put<br>(Area 1&2)<br><b>Pack Up</b>                    |         |
| <b>9 Girls</b> | 700m Walk               | Short Hurdles                                               | Training<br>Turbo Javelin<br>(No measure) | 400m                                   | Scissor Jump<br><b>Pack Up</b>                              | 70m FS  |

|                   | Block 1 | Block 2<br>6.15pm start | Block 3               | Block 4                                   | Block 5                                   | Block 6               |
|-------------------|---------|-------------------------|-----------------------|-------------------------------------------|-------------------------------------------|-----------------------|
| <b>10 Boys</b>    |         | Short Hurdles           | Long Jump<br>(Pit 2A) | Discus(Cage 2)                            | 1100m Walk                                | 400m                  |
| <b>10 Girls</b>   |         | Short Hurdles           | Discus(Cage 2)        | Long Jump<br>(Pit 2B)<br><b>Pack Up</b>   |                                           | 400m                  |
| <b>11 Boys</b>    |         | Javelin                 | Short Hurdles         | 800m                                      | Triple Jump<br>(Pit 2B)<br><b>Pack Up</b> | 1100m Walk            |
| <b>11 Girls</b>   |         | Shot Put<br>(Area 1)    | Short Hurdles         | 800m                                      | High Jump<br><b>Pack Up</b>               |                       |
| <b>12 Boys</b>    |         | Long Jump<br>(Pit 2A)   | Short Hurdles         | 800m                                      | Javelin<br><b>Packup</b>                  | 60m (not<br>recorded) |
| <b>12 Girls</b>   |         | Long Jump<br>(Pit 4B)   | Short Hurdles         | Javelin                                   | 800m                                      | 60m (not<br>recorded) |
|                   | Block 1 | Block 2<br>6.15pm start | Block 3               | Block 4                                   | Block 5                                   | Block 6               |
| <b>13's</b>       |         | Discus (Cage 1)         | Short Hurdles         | Triple Jump<br>(Pit 4A)<br><b>Pack Up</b> | 800m                                      | 60m                   |
| <b>14's-15's</b>  |         | Discus (Cage 2)         | Short Hurdles         | 800m                                      | Triple Jump<br>(Pit 4A)<br><b>Pack Up</b> | 60m                   |
| <b>16's-Opens</b> |         | High Jump               | Short Hurdles         | 800m                                      | Discus (Cage 1)<br><b>Pack up</b>         | 60m                   |