



2023/2024 Season Week 1

Age Group	Activity 1	Activity 2	Activity 3	Activity 4	OPTIONAL
TINY TOTS	TINY TOTS PROGRAM				N/A
U6 G&B	EVENT SKILLS DEVELOPMENT PROGRAM				N/A
U7 G	70 M - no place/time	JUNIOR LJ 1 - SKILLS ONLY (3 jumps no measure)	100 M - no place/time	SHOT PUT 2 - SKILLS ONLY (3 throws no measure)	N/A
U7 B	70 M - no place/time	JUNIOR LJ 2 - SKILLS ONLY (3 jumps no measure)	100 M - no place/time	SHOT PUT 3 - SKILLS ONLY (3 throws no measure)	N/A
U8 G	SHOT PUT 2 [Yellow]	70 M	JUNIOR LJ 1	100 M	N/A
U8 B	SHOT PUT 3 [Yellow]	70 M	JUNIOR LJ 2	100 M	N/A
U9 G	JUNIOR LJ 1	70 M	SHOT PUT 2 [Orange]	100 M	OPTIONAL 800 M
U9 B	JUNIOR LJ 2	70 M	SHOT PUT 3 [Orange]	100 M	
U10 G	70 M	SHOT PUT 2 [Orange]	100 M	JUNIOR LJ 1	
U10 B	70 M	SHOT PUT 3 [Orange]	100 M	JUNIOR LJ 2	
U11 G	70 M	DISCUS 1 [500]	100 M	SENIOR LJ 1	
U11 B	70 M	DISCUS 2 [500]	100 M	SENIOR LJ 2	
U12 G	DISCUS 1 [750]	70 M	SENIOR LJ 1	100 M	
U12 B	DISCUS 2 [750]	70 M	SENIOR LJ 2	100 M	
U13 G&B	SENIOR LJ 1	70 M	DISCUS 2 [750]	100 M	
U14 G&B	70 M	SENIOR LJ 1	100 M	DISCUS 1 [1kg]	
U15/16/17 G&B	70 M	SENIOR LJ 2	100 M	DISCUS 2 [1516GB17G-1kg/17B-1.5kg]	