



2023/2024 Season Week 11

Age Group	Activity 1	Activity 2	Activity 3	Activity 4	OPTIONAL
TINY TOTS	TINY TOTS PROGRAM				N/A
U6 GB	EVENT SKILLS PROGRAM				N/A
U7 G1	VORTEX Age Marshalls to conduct (3 throws no measure)	200 M	JUNIOR LJ 1	100 M	N/A
U7 G2		200 M	JUNIOR LJ 2	100 M	N/A
U7 B	200 M	JUNIOR LJ 2	DISCUS 1 [350]	100 M	N/A
U8 G	200 M	SHOT PUT 2 [Orange]	HIGH JUMP 1 [56] Elastic - Skills only	100 M	N/A
U8 B	HIGH JUMP 1 [56] Elastic - Skills only	VORTEX - Age Marshalls to conduct (3 throws no measure)	100 M	SHOT PUT 3 [Orange]	N/A
U9 G1	JUNIOR LJ 2	SHOT PUT 3 [Orange]	100 M	DISCUS 1 [500]	OPTIONAL 800 M
U9 G2	JUNIOR LJ 1	TURBO JAV Vortex area, Age Marshalls to conduct (3 throws no measure)	100 M	SHOT PUT 3 [Orange]	
U9 B	200 M	DISCUS 1 [500]	SHOT PUT 3 [Orange]	JUNIOR LJ 2	
U10 G1	SHOT PUT 2 [Orange]	200 M	100 M	JUNIOR LJ 1	
U10 G2	SHOT PUT 3 [Orange]	200 M	100 M		
U10 B	200 M	JUNIOR LJ 1	100 M	DISCUS 2 [500]	
U11 G1	JAVELIN [400]	200 M	SENIOR LJ 1	100 M	OPTIONAL 800 M OR 1500 M
U11 G2	200 M	JAVELIN [400]	100 M	SENIOR LJ 1	
U11 B	200 M	SENIOR LJ 1	100 M	JAVELIN [400]	
U12 G	TRIPLE JUMP 2	200 M	100 M	SHOT PUT 2 [Orange]	
U12 B1	SENIOR LJ 1	DISCUS 1 [750]	100 M	TRIPLE JUMP 2	
U12 B2	DISCUS 1 [750]	200 M	SENIOR LJ 2	100 M	
U13 GB	200 M	TRIPLE JUMP 2	SHOT PUT 2 [White]	100 M	
U14 G	HIGH JUMP 2 [87]	200 M	DISCUS 2 [1kg]	100 M	
U14 B	200 M	DISCUS 2 [1kg]	HIGH JUMP 2 [87]	100 M	
U1516 GB	DISCUS 2 [1kg]	200 M	TRIPLE JUMP 1	100 M	