



## 2024/2025 Season Week 12

| Age Group | Activity 1           | Activity 2  | Activity 3  | Activity 4  | OPTIONAL   |                               |
|-----------|----------------------|---|---|---|------------|-------------------------------|
| TINY TOTS | TINY TOTS PROGRAM    |   |   |   |            |                               |
| U6 GB     | EVENT SKILLS PROGRAM |   |   |   |            |                               |
| U7 G      | JUNIOR LJ 2          | 200 M   | VORTEX - Age marshalls to conduct - 3 throws - no measure | 70 M  | <i>N/A</i> |                               |
| U7 B      | JUNIOR LJ 1          | 200 M   |   | 70 M  |            |                               |
| U8 G1     | 200 M                | JUNIOR LJ 1   | 70 M  | DISCUS 1 [500]  |            |                               |
| U8 G2     | 200 M                | JUNIOR LJ 2   | 70 M  |   |            |                               |
| U8 B      | DISCUS 1 [500]       | 200 M   | VORTEX - Age marshalls to conduct - 3 throws - no measure | 70 M  |            |                               |
| U9 G1     | 200 M                | SHOT PUT 3 [Orange]   | 70 M  | TURBO JAV - Vortex area - Age marshalls to conduct - no measure |            | <i>400 M<br/>OR<br/>800 M</i> |
| U9 G2     | 200 M                | SHOT PUT 2 [Orange]   | DISCUS 1 [500]  | 70 M  |            |                               |
| U9 B1     | 200 M                | TURBO JAV - Vortex area - Age marshalls to conduct - no measure | JUNIOR LJ 1   | 70 M  |            |                               |
| U9 B2     | 200 M                | DISCUS 1 [500]  | JUNIOR LJ 2   | 70 M  |            |                               |
| U10 G     | HIGH JUMP 1 [66]     | 200 M   | SHOT PUT 3 [Orange]                                       | 70 M  |            |                               |
| U10 B1    | 200 M                | HIGH JUMP 1 [66]  | 70 M  | SHOT PUT 2 [Orange]   |            |                               |
| U10 B2    | SHOT PUT 2 [Orange]  | 200 M   | HIGH JUMP 1 [66]  | 70 M  |            |                               |
| U11 G1    | SHOT PUT 3 [Orange]  | 200 M   | TRIPLE JUMP 2   | 70 M  |            |                               |
| U11 G2    | 200 M                | TRIPLE JUMP 1   | 70 M  | SHOT PUT 3 [Orange]   |            |                               |
| U11 B1    | JAVELIN [400]        | 200 M   | SENIOR LJ 1   | 70 M  |            |                               |
| U11 B2    | 200 M                | JAVELIN [400]   | 70 M  | TRIPLE JUMP 2   |            |                               |
| U12 G     | 200 M                | HIGH JUMP 2 [76]  | 70 M  | JAVELIN [400]   |            |                               |
| U12 B     | HIGH JUMP 2 [76]     | 200 M   | JAVELIN [400]   | 70 M  |            |                               |
| U13 G     | 200 M                | DISCUS 2 [750]  | 70 M  | SENIOR LJ 1   |            |                               |
| U13 B     | 200 M                | SENIOR LJ 2   | 70 M  | DISCUS 2 [750]  |            |                               |
| U14 GB    | DISCUS 2 [1kg]       | 200 M   | HIGH JUMP 2 [86]  | 70 M  |            |                               |
| U15 GB    | SENIOR LJ 1          | 200 M   | SHOT PUT 2 [G-W/B-R]                                      | 70 M  |            |                               |
| U1617 GB  | TRIPLE JUMP 2        | 200 M   | DISCUS 2 [16GB17G-1kg/17B-1.5kg]                          | 70 M  |            |                               |