



2024/2025 Season Week 2

Age Group	Activity 1	Activity 2	Activity 3	Activity 4	OPTIONAL	
TINY TOTS	TINY TOTS PROGRAM				N/A	
U6 GB	SKILLS PROGRAM				N/A	
U7 G	200 M [No place/no time]	DISCUS 1 [350] SKILLS ONLY (3 throws no measure)	70 M [No place/no time]	SKILLS - JUNIOR LJ 1 (3 jumps/no measure)	N/A	
U7 B	200 M [No place/no time]	DISCUS 2 [350] SKILLS ONLY (3 throws no	70 M [No place/no time]	SKILLS - JUNIOR LJ 2 (3 jumps/no measure)	N/A	
U8 G	JUNIOR LJ 1	200 M	DISCUS 1 [500]	70 M	N/A	
U8 B	JUNIOR LJ 2	200 M	DISCUS 2 [500]	70 M	N/A	
U9 G	DISCUS 1 [500]	200 M	JUNIOR LJ 1	70 M	OPTIONAL 400M OR 800 M	
U9 B	DISCUS 2 [500]	200 M	JUNIOR LJ 2	70 M		
U10 G	HIGH JUMP 1 [65]	200 M	70 M	DISCUS 1 [500]		
U10 B	200 M	JUNIOR LJ 2	HIGH JUMP 1 [65]	70 M		
U11 G	200 M	SENIOR LJ 1	70 M	SHOT PUT 2 [Orange]		
U11 B	200 M	SENIOR LJ 2	70 M	SHOT PUT 3 [Orange]		
U12 G	TRIPLE JUMP 1	200 M	SHOT PUT 2 [Orange]	70 M		
U12 B	TRIPLE JUMP 2	200 M	SHOT PUT 3 [Orange]	70 M		
U13 GB	HIGH JUMP 2 [80]	200 M	TRIPLE JUMP 1	70 M		
U14 GB	SHOT PUT 3 [White]	200 M	HIGH JUMP 2 [85]	70 M		
U15 GB	200 M	SHOT PUT 2 [G-W/B-R]	70 M	TRIPLE JUMP 1		
U16/17 GB	200 M	SHOT PUT 3 [G-W/16B-R/17B-G]	70 M	TRIPLE JUMP 2		