



2024/2025 Season Week 3

Age Group	Activity 1	Activity 2	Activity 3	Activity 4	OPTIONAL
TINY TOTS	TINY TOTS PROGRAM				<i>N/A</i>
U6 GB	EVENT SKILLS PROGRAM				<i>N/A</i>
U7 G	SHOT PUT 3 - SKILLS ONLY (3 throws no measure)	70 M [No place/no time]	JUNIOR LJ 2 SKILLS (3 jumps/no measure)	100 M [No place/no time]	<i>N/A</i>
U7 B	SHOT PUT 2 - SKILLS ONLY (3 throws no measure)	70 M [No place/no time]	JUNIOR LJ 1 SKILLS (3 jumps/no measure)	100 M [No place/no time]	<i>N/A</i>
U8 G	70 M	SHOT PUT 3 [Yellow]	100 M	JUNIOR LJ 2	<i>N/A</i>
U8 B	70 M	SHOT PUT 2 [Yellow]	100 M	JUNIOR LJ 1	<i>N/A</i>
U9 G	HIGH JUMP 1 [60]	JUNIOR LJ 2	100 M	SHOT PUT 3 [Orange]	<i>800 M</i>
U9 B	70 M	JUNIOR LJ 1	HIGH JUMP 1 [60]	100 M	
U10 G	JUNIOR LJ 2	70 M	SHOT PUT 3 [Orange]	100 M	
U10 B	JUNIOR LJ 1	70 M	SHOT PUT 2 [Orange]	DISCUS 2 [500]	
U11 G	DISCUS 1 [500]	70 M	TRIPLE JUMP 1	100 M	1500M
U11 B	TRIPLE JUMP 1	70 M	DISCUS 1 [500]	100 M	
U12 G	70 M	DISCUS 1 [750]	100 M	SENIOR LJ 2	
U12 B	70 M	DISCUS 2 [750]	100 M	SENIOR LJ 1	
U13 GB	JAVELIN [G-400/B-600]	70 M	SENIOR LJ 2	100 M	
U14 GB	TRIPLE JUMP 2	70 M	JAVELIN [G-400/B-600]	100 M	
U15 GB	HIGH JUMP 2 [90]	70 M	DISCUS 2 [1kg]	100 M	
U1617 GB	DISCUS 2 [16GB17G-1kg/17B-1.5kg]	70 M	HIGH JUMP 2 [95]	100 M	