



2023/2024 Season Week 3

Age Group	Activity 1	Activity 2	Activity 3	Activity 4	OPTIONAL
TINY TOTS	TINY TOTS PROGRAM				<i>N/A</i>
U6 G&B	EVENT SKILLS PROGRAM				<i>N/A</i>
U7 G	DISCUS 1 [350]	200 M [No place/no time]	JUNIOR LJ 2 SKILLS (3 jumps/no measure)	70 M [No place/no time]	<i>N/A</i>
U7 B	DISCUS 2 [350]	200 M [No place/no time]	JUNIOR LJ 1 SKILLS (3 jumps/no measure)	70 M [No place/no time]	<i>N/A</i>
U8 G	200 M	SHOT PUT 3 [Yellow]	70 M	JUNIOR LJ 2	<i>N/A</i>
U8 B	200 M	SHOT PUT 2 [Yellow]	70 M	JUNIOR LJ 1	<i>N/A</i>
U9 G	200 M	JUNIOR LJ 2	70 M	DISCUS 1 [500] *2 throws only	<i>400 M</i>
U9 B	200 M	JUNIOR LJ 1	70 M		
U10 G	HIGH JUMP 1 [65]	200 M	SHOT PUT 2 [Orange]	70 M	
U10 B	SHOT PUT 3 [Orange]	200 M	HIGH JUMP 1 [65]	70 M	
U11 G	JUNIOR LJ 2	200 M	DISCUS 1 [500]	70 M	
U11 B	JUNIOR LJ 1	200 M	DISCUS 2 [500]	70 M	
U12 G1	200 M	DISCUS 1 [750]	HIGH JUMP 2 [75]	70 M	
U12 G2	200 M	DISCUS 2 [750]		70 M	
U12 B	TRIPLE JUMP 2	200 M	SHOT PUT 3 [Orange]	70 M	
U13 GB	HIGH JUMP 2 [80]	200 M	JAVELIN [G-400/B-600]	70 M	
U14 G	JAVELIN [400]	200 M	TRIPLE JUMP 2	70 M	
U14 B	200 M	JAVELIN [600]	70 M	TRIPLE JUMP 2	
U1516 GB	TRIPLE JUMP 1	200 M	70 M	DISCUS 2 [1kg]	