



2023/2024 Season Week 4

Age Group	Activity 1	Activity 2	Activity 3	Activity 4
TINY TOTS	TINY TOTS PROGRAM			
U6 G&B	EVENT SKILLS PROGRAM			
U7 G1	60 M Mini Hurdles [NO time]	Shuttle Relay skills [Back straight] Age marshalls to conduct	JUNIOR LJ 1 [NO measure]	SHOT PUT 3 [Blue] NO measure
U7 G2	60 M Mini Hurdles [NO time]		JUNIOR LJ 2 [NO measure]	SHOT PUT 2 [Blue] [NO measure]
U7 B	60 M Mini Hurdles [NO time]	JUNIOR LJ 1 [NO measure]	Shuttle Relay skills [Back straight] Age marshalls to conduct	VORTEX - [NO measure] Age marshalls to conduct
U8 G	60 M Hurdles [45]	DISCUS 2 [500]		JUNIOR LJ 1
U8 B	60 M Hurdles [45]	DISCUS 1 [500]		JUNIOR LJ 2
U9 G	60 M Hurdles [45]	HIGH JUMP 1 [60]	VORTEX [NO measure] Age marshalls to conduct	DISCUS 1 [500]
U9 B	60 M Hurdles [45]	JUNIOR LJ 2		HIGH JUMP 1 [60]
U10 G	DISCUS 2 [500]	60 M Hurdles [60]	SHOT PUT 1 [Orange]	CIRCULAR RELAY Baton passing skills
U10 B	DISCUS 1 [500]	60 M Hurdles [60]	SENIOR LJ 2	
U11 G	CIRCULAR RELAY Baton passing skills	80 M Hurdles [60]	SHOT PUT 2 [Orange]	TRIPLE JUMP 1
U11 B		80 M Hurdles [60]	HIGH JUMP 2 [70]	TRIPLE JUMP 2
U12 G1	JAVELIN [400]	80 M Hurdles [68]	TRIPLE JUMP 1	70 M
U12 G2	CIRCULAR RELAY Baton passing skills	80 M Hurdles [68]	JAVELIN [400]	DISCUS 2 [750]
U12 B	HIGH JUMP 2 [75]	80 M Hurdles [68]	DISCUS 2 [750]	70 M
U13 GB	SENIOR LJ 2	SHOT PUT 3 [White]	80 M Hurdles [76]	200 M Hurdles [68]
U14 G	SHOT PUT 3 [White]	SENIOR LJ 2	14G-80 M Hurdles [76]	200 M Hurdles [76]
U14 B	SHOT PUT 2 [White]	SENIOR LJ 1	14B-90 M Hurdles [76]	200 M Hurdles [76]
U1516 GB	SENIOR LJ 1	SHOT PUT 2 [G-W/B-R]	1516G-90 M Hurdles [76] 1516B-100 M Hurdles [76]	300 M Hurdles [76]