



2024/2025 Season Week 5

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 (3 jumps. No measure)	200 M (No place/time)	VORTEX - Age Marshalls to conduct.3 overarm throws. No measure.	100 M (No place/time)	N/A
U7 B	JUNIOR LJ 1 (3 jumps. No measure)	200 M (No place/time)		100 M (No place/time)	
U8 G	200 M	JUNIOR LJ 2	DISCUS 2 [500G]	100 M	
U8 B	200 M	JUNIOR LJ 1	SHOT PUT 3 [Yellow]	100 M	
U9 G	200 M	SENIOR LJ 1	CIRCULAR RELAY Baton passing skills	DISCUS 1 [500G]	
U9 B1	200 M	SHOT PUT 3 [Orange]		JUNIOR LJ 2	
U9 B2	200 M	SHOT PUT 2 [Orange]		JUNIOR LJ 1	
U10 G	HIGH JUMP 1 [66]	SENIOR LJ 2	100 M	CIRCULAR RELAY Baton passing skills	OPTIONAL 400 M OR 800 M
U10 B	SENIOR LJ 1	200 M	HIGH JUMP 1 [66]		
U11 G	HIGH JUMP 3 Fosbury Flop Skills	200 M	JAVELIN [400]	100 M	
U11 B1	200 M	JAVELIN [400]	HIGH JUMP 3 Fosbury Flop Skills	100 M	
U11 B2	JAVELIN [400]	200 M		100 M	
U12 G	CIRCULAR RELAY Baton passing skills	DISCUS 1 [750G]	100 M	SENIOR LJ 2	
U12 B		DISCUS 2 [750G]	100 M	SENIOR LJ 1	
U13 GB	DISCUS 2 [750]	200 M	HIGH JUMP 2 [86]	100 M	
U14 GB	HIGH JUMP 2 [91]	200 M	SHOT PUT 2 [White]	100 M	
U15 GB	SHOT PUT 3 [G-White /B-Red]	200 M	TRIPLE JUMP 1	100 M	
1617 GB	SHOT PUT 2 [G-White/16B – Red /17B-G]	200 M	TRIPLE JUMP 2	100 M	