



2023/2024 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 G1	JUNIOR LJ 1 (3 jumps. No measure)	200 M No place/time	VORTEX Age Marshalls to conduct. 3 overarm throws. No measure.	70 M No place/time	N/A
U7 G2	JUNIOR LJ 2 (3 jumps. No measure)		JUNIOR LJ 2 3 jumps. No measure		
U7 B	SHOT PUT 2 [Blue]				
U8 G	HIGH JUMP 1 [55] Skills - elastic	200 M	SHOT PUT 2 [Yellow]	70 M	
U8 B	SHOT PUT 3 [Yellow]	200 M	HIGH JUMP 1 [55] Skills - elastic	70 M	
U9 G	200 M	JUNIOR LJ 2	CIRCULAR RELAY Baton passing skills	DISCUS 1 [500]	
U9 B	200 M	DISCUS 1 [500]		JUNIOR LJ 2	
U10 G	200 M	JUNIOR LJ 1	DISCUS 1 [500]	70 M	
U10 B	DISCUS 1 [500]	200 M	JUNIOR LJ 1	70 M	
U11 G	HIGH JUMP 3 Fosbury Flop Skills	200 M	JAVELIN [400]	70 M	
U11 B	JAVELIN [400]	200 M	HIGH JUMP 3 Fosbury Flop Skills	70 M	
U12 G1	200 M	TRIPLE JUMP 1	70 M	SHOT PUT 2 [Orange]	Optional 800M or 1500M
U12 G2	200 M	TRIPLE JUMP 2	70 M	SHOT PUT 3 [Orange]	
U12 B	SENIOR LJ 1	200 M	SHOT PUT 3 [Orange]	70 M	
U13 GB	TRIPLE JUMP 2	CIRCULAR RELAY Baton passing skills	DISCUS 2 [750]	70 M	
U14 G	CIRCULAR RELAY Baton passing skills	HIGH JUMP 2 [90]	70 M	DISCUS 2 [1kg]	
U14 B		DISCUS 2 [1kg]	70 M	HIGH JUMP 2 [90]	
15/16 GB	DISCUS 2 [1kg]	200 M	TRIPLE JUMP 2	70 M	