



## 2023/2024 Season Week 7

Age Group	Activity 1	Activity 2	Activity 3	Activity 4
<b>TINY TOTS</b>	<b>TINY TOTS PROGRAM</b>			
<b>U6 GB</b>	<b>EVENT SKILLS PROGRAM</b>			
<b>U7 G1</b>	60 M Mini Hurdles	SHOT PUT 1 [Blue]	Shuttle Relay baton passing skills. Back straight. Age marshalls to conduct.	JUNIOR LJ 1
<b>U7 G2</b>	60 M Mini Hurdles	SHOT PUT 2 [Blue]		
<b>U7 B</b>	60 M Mini Hurdles	SHOT PUT 3 [Blue]		JUNIOR LJ 2
<b>U8 G</b>	60 M Hurdles [45]	JUNIOR LJ 2		DISCUS 1 [500]
<b>U8 B</b>	60 M Hurdles [45]	JUNIOR LJ 1		
<b>U9 G1</b>	60 M Hurdles [45]	HIGH JUMP 1 [61]	Circular Relay baton passing skills. (1500m start area)	SHOT PUT 3 [Orange]
<b>U9 G2</b>	60 M Hurdles [45]	DISCUS 1 [500]		HIGH JUMP 1 [61]
<b>U9 B</b>	60 M Hurdles [45]	DISCUS 2 [500]		SHOT PUT 2 [Orange]
<b>U10 G1</b>	JUNIOR LJ 2	60 M Hurdles [60]	DISCUS 2 [500]	Circular Relay baton passing skills. (1500m start area)
<b>U10 G2</b>		60 M Hurdles [60]	DISCUS 1 [500]	
<b>U10 B</b>	JUNIOR LJ 1	60 M Hurdles [60]	SHOT PUT 1 [Orange]	
<b>U11 G1</b>	Circular Relay baton passing skills. (1500m start area)	80 M Hurdles [60]	SHOT PUT 2 [Orange]	TRIPLE JUMP 1
<b>U11 G2</b>		80 M Hurdles [60]	SHOT PUT 3 [Orange]	
<b>U11 B</b>		80 M Hurdles [60]	TRIPLE JUMP 2	SHOT PUT 1 [Orange]
<b>U12 G1</b>	HIGH JUMP 2 [76]	80 M Hurdles [68]	JAVELIN [400]	200 M
<b>U12 G2</b>	DISCUS 1 [750]	80 M Hurdles [68]	HIGH JUMP 2 [76]	JAVELIN [400]
<b>U12 B1</b>	SHOT PUT 1 [Orange]	80 M Hurdles [68]	TRIPLE JUMP 1	HIGH JUMP 2 [76]
<b>U12 B2</b>	SHOT PUT 2 [Orange]	80 M Hurdles [68]		
<b>U13 G</b>	SENIOR LJ 2	Circular Relay baton passing skills. (1500m start area)	80 M Hurdles [76]	DISCUS 2 [750]
<b>U13 B</b>	DISCUS 2 [750]		80 M Hurdles [76]	SENIOR LJ 2
<b>U14 G</b>	JAVELIN [400]	SENIOR LJ 1	80 M Hurdles [76]	200 M Hurdles [76]
<b>U14 B</b>	SENIOR LJ 1	JAVELIN [600]	90 M Hurdles [76]	200 M Hurdles [76]
<b>U1516 GB</b>	SHOT PUT 3 [G-W/B-R]	SENIOR LJ 2	15G-90 M Hurdles [76] 15B16GB-100 M Hurdles [76]	300 M Hurdles [76]