



PHOTO WEEK!

2024/2025 Season Week 7

Age Group	Activity 1	Activity 2	Activity 3	Activity 4	OPTIONAL
TINY TOTS	PHOTO	TINY TOTS PROGRAM			N/A
U6 GB	PHOTO	EVENT SKILLS PROGRAM			
U7 G	PHOTO	JUNIOR LJ 1	SHUTTLE RELAYS - Bk straight - Age marshalls to conduct	VORTEX - No measure - Age marshalls to conduct.	
U7 B	PHOTO	JUNIOR LJ 2	VORTEX - No measure - Age marshalls to conduct	SHUTTLE RELAYS - Bk straight - Age marshalls to conduct	
U8 G1	200 M	PHOTO	JUNIOR LJ 1	100 M	
U8 G2	200 M		JUNIOR LJ 2	100 M	
U8 B	SHOT PUT 2 [Yellow]	PHOTO	100 M	JUNIOR LJ 1	
U9 G	CIRCULAR RELAY SKILLS	PHOTO	SHOT PUT 3 [Orange]	JUNIOR LJ 2	
U9 B1	JUNIOR LJ 1	PHOTO	DISCUS 1 [500]	CIRCULAR RELAY SKILLS	
U9 B2	JUNIOR LJ 2		DISCUS 2 [500]		
U10 G	DISCUS 2 [500]	CIRCULAR RELAY SKILLS	PHOTO	HIGH JUMP 1 [67]	
U10 B1	HIGH JUMP 1 [67]	CIRCULAR RELAY SKILLS	PHOTO	DISCUS 1 [500]	
U10 B2	CIRCULAR RELAY SKILLS	HIGH JUMP 1 [67]		DISCUS 2 [500]	
U11 G	TRIPLE JUMP 1	SHOT PUT 3 [Orange]	PHOTO	100 M	
U11 B1	200 M	SHOT PUT 2 [Orange]	PHOTO	TRIPLE JUMP 1	
U11 B2	200 M	DISCUS 1 [500]		TRIPLE JUMP 2	
U12 G	200 M	SENIOR LJ 2	PHOTO	SHOT PUT 2 [Orange]	
U12 B	200 M	SENIOR LJ 1	PHOTO	SHOT PUT 3 [Orange]	
U13 G	HIGH JUMP 2 [87]	200 M	JAVELIN [400]	PHOTO	
U13 B	JAVELIN [600]	200 M	HIGH JUMP 2 [87]	PHOTO	
U14 GB	SENIOR LJ 1	JAVELIN [G-400/B-600]	100 M	PHOTO	
U15 GB	200 M	DISCUS 2 [1kg]	TRIPLE JUMP 1	PHOTO	
U16/17 GB	SHOT PUT 3	200 M	TRIPLE JUMP 2	PHOTO	
					OPTIONAL 800 M