



## 2024/2025 Season Week 8

Age Group	Activity 1	Activity 2	Activity 3	Activity 4
TINY TOTS	TINY TOTS PROGRAM			
U6 GB	EVENT SKILLS PROGRAM			
U7 G	60 M Mini Hurdles	JUNIOR LJ 2	DISCUS 1 350]	100 M
U7 B	60 M Mini Hurdles	JUNIOR LJ 1	SHOT PUT 2 [Blue]	100 M
U8 G1	60 M Hurdles [45]	SHUTTLE RELAYS - Back straight - Age Marshalls to conduct	VORTEX - Age Marshalls to conduct - no measure	HIGH JUMP 3 [40] Age Marshall to conduct-skills only-elastic-no measure
U8 G2	60 M Hurdles [45]		HIGH JUMP 3 [40] Age Marshall to conduct-skills only-elastic-no measure	JUNIOR LJ 1
U8 B	60 M Hurdles [45]	HIGH JUMP 3 [40] Age Marshall to conduct-skills only-elastic-no measure	SHUTTLE RELAYS - Back straight-Age Marshalls to conduct	JUNIOR LJ 2
U9 G1	60 M Hurdles [45]	HIGH JUMP 1 [62]	JUNIOR LJ 1	CIRCULAR RELAY SKILLS
U9 G2	60 M Hurdles [45]	DISCUS 1 [500]	CIRCULAR RELAY SKILLS	HIGH JUMP 1 [62]
U9 B1	60 M Hurdles [45]	SHOT PUT 2 [Orange]	JUNIOR LJ 2	CIRCULAR RELAY SKILLS
U9 B2	60 M Hurdles [45]	SHOT PUT 3 [Oarng]	CIRCULAR RELAY SKILLS	100 M
U10 G	DISCUS 1 [500]	60 M Hurdles [60]	CIRCULAR RELAY SKILLS	SHOT PUT 2 [Orange]
U10 B1	JUNIOR LJ 1	60 M Hurdles [60]	CIRCULAR RELAY SKILLS	100 M
U10 B2	JUNIOR LJ 2	60 M Hurdles [60]	CIRCULAR RELAY SKILLS	100 M
U11 G1	SENIOR LJ 2	80 M Hurdles [60]	JAVELIN [400]	CIRCULAR RELAY SKILLS
U11 G2	CIRCULAR RELAY SKILLS	80 M Hurdles [60]	DISCUS 2 [500]	JAVELIN [400]
U11 B1	DISCUS 2 [500]	80 M Hurdles [60]	CIRCULAR RELAY SKILLS	100 M
U11 B2	CIRCULAR RELAY SKILLS	80 M Hurdles [60]	SHOT PUT 3 [Orange]	SENIOR LJ 1
U12 G	CIRCULAR RELAY SKILLS	80 M Hurdles [68]	TRIPLE JUMP 1	DISCUS 1 [750]
U12 B		80 M Hurdles [68]	TRIPLE JUMP 2	DISCUS 2 [750]
U13 G	SHOT PUT 2 [White]	CIRCULAR RELAY SKILLS	80 M Hurdles [76]	TRIPLE JUMP 2
U13 B	TRIPLE JUMP 1		80 M Hurdles [76]	SHOT PUT 3 [White]
U14 GB	SHOT PUT 3 [White]	TRIPLE JUMP 2	14G-80 M Hurdles [76] 14B-90 M Hurdles [76]	CIRCULAR RELAY SKILLS
U15 GB	HIGH JUMP 2 [91]	JAVELIN [G-500/B-700]	15G-90 M Hurdles [76] 15B-100M Hurdles [76]	
U1617 GB	JAVELIN [G-500/B-700]	SENIOR LJ 1	16G-90 M Hurdles [76] 16B17G-100 M Hurdles [76] 17b-110 M Hurdles [76]	HIGH JUMP 2 [96]