



2024/2025 Season Week 6

Age Group	Activity 1	Activity 2	Activity 3	Activity 4	OPTIONAL
TINY TOTS	TINY TOTS PROGRAM				N/A
U6 GB	EVENT SKILLS PROGRAM				
U7 G	100 M (No place/time)	JUNIOR LJ 1 Skills (No measure)	SHOT PUT 2 [Blue] Skills [No measure]	300 M (No place/time)	
U7 B	100 M (No place/time)	JUNIOR LJ 2 Skills (No measure)	SHOT PUT 3 [Blue] Skills [No measure]	300 M (No place/time)	
U8 G	JUNIOR LJ 1	VORTEX (No measure) (Age Marshalls to conduct)	Shuttle Relay Skills [Back Straight] Age marshalls to conduct	500 M	
U8 B	JUNIOR LJ 2	DISCUS 1 [500]		500 M	
U9 G	TURBO JAV (No measure) (Age Marshalls to conduct)	100 M	HIGH JUMP 1 [61]	70 M	400 M
U9 B1	100 M	HIGH JUMP 1 [61]	TURBO JAV (No measure) (Age Marshalls to conduct)	70 M	
U9 B2	HIGH JUMP 1 [61]	100 M		70 M	
U10 G	SHOT PUT 2 [Orange]	100 M	JUNOR LJ 1	70 M	
U10 B	SHOT PUT 3 [Orange]	100 M	JUNIOR LJ 2	70 M	
U11 G	HIGH JUMP 2 [71]	Circular Relay skills	70 M	DISCUS 1 [500]	400 M OR 1500 M
U11 B1	Circular Relay skills	DISCUS 2 [500]	HIGH JUMP 2 [71]	70 M	
U11 B2		SHOT PUT 2 [Orange]	70 M	HIGH JUMP 2 [71]	
U12 G	100 M	TRIPLE JUMP 1	JAVELIN [400]	70 M	
U12 B	JAVELIN [400]	100 M	TRIPLE JUMP 1	70 M	
U13 GB	SENIOR LJ 2	Circular Relay skills	DISCUS 1 [750]	70 M	
U14 GB	DISCUS 2 [1kg]	100 M	Circular Relay Skills	TRIPLE JUMP 2	
U15 GB	100 M	SHOT PUT 3 [G-W/B-R]]	SENIOR LJ 2	Circular Relay Skills	
U16/17 GB	SENIOR LJ 1	100 M	DISCUS 2 [16GB, 17G-1kg / 17B-1.5kg]	Circular Relay Skills	