



2023/2024 Season Week 15

| Age Group | Activity 1 | Activity 2 | Activity 3 | Activity 4 | OPTIONAL | |
|-----------|--|---------------------------------------|---|--------------------------------------|---|--|
| TINY TOTS | TINY TOTS PROGRAM | | | | | |
| U6 G&B | JUNIOR LJ 1 [Skills only - NO measure] | SHOT PUT 1 [Skills only - no measure] | 70 M [No time, no placing] | Skills game/Story time | <i>N/A</i> | |
| U7 G | 60 M Mini Hurdles | JUNIOR LJ 1 | 70 M | SHOT PUT 3 [Blue] | | |
| U7 B | | JUNIOR LJ 2 | | SHOT PUT 2 [Blue] | | |
| U8 G | 60 M Hurdles [45] | DISCUS 1 [500] | SHOT PUT 2 [Yellow] | JUNIOR LJ 1 | | |
| U8 B | | VORTEX [No measure] | JUNIOR LJ 2 | DISCUS 1 [500] | | |
| U9 G1 | | HIGH JUMP 1 [62] | DISCUS 1 [500] | TURBO JAV [Vortex area - no measure] | <i>OPTIONAL 800 M</i> | |
| U9 G2 | | TURBO JAV [Vortex area - no measure] | HIGH JUMP 1 [62] | JUNIOR LJ 2 | | |
| U9 B | | SHOT PUT 2 [Orange] | TURBO JAV [Vortex area - no measure] | HIGH JUMP 1 [62] | | |
| U10 G | JUNIOR LJ 2 | 60 M Hurdles [60] | SHOT PUT 3 [Orange] | 70 M | <i>OPTIONAL 800 M OR 1500 M</i> | |
| U10 B | TURBO JAV [Vortex area - no measure] | | JUNIOR LJ 1 | 70 M | | |
| U11 G | HIGH JUMP 2 [71] | | DISCUS 2 [500] | TRIPLE JUMP 1 | | |
| U11 B | TRIPLE JUMP 2 | HIGH JUMP 2 [71] | DISCUS 2 [500] | | | |
| U12 G | SHOT PUT 3 [Orange] | 80 M Hurdles [68] | TRIPLE JUMP 1 | DISCUS 1 [750] | | |
| U12 B | SHOT PUT 2 [Orange] | | TRIPLE JUMP 2 | 70 M | | |
| U13 GB | JAVELIN [G-400/B-600] | SHOT PUT 3 [White] | 80 M Hurdles [76] | 200 M Hurdles [68] | | |
| U14 G | DISCUS 1 [1kg] | TRIPLE JUMP 1 | | 200 M Hurdles [76] | | |
| U14 B | DISCUS 2 [1kg] | TRIPLE JUMP 2 | 14B-90 M Hurdles [76] | | | |
| U1516 GB | SENIOR LJ 1 | DISCUS 2 [1kg] | 15 & 16G-90 M Hurdles [76] 15 & 16B-100 M Hurdles [76] | 300 M Hurdles [76] | | |