



Program 1 2015-16

Warm up starts 5:45pm. Program starts 6:00pm.

U6	U7	U8	U9	U10	U11	U12	U13	U14-17
Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
50m Hurdles track	Long Jump Pit 2	700m Pack	Discus 500g	Shot Put 2kg Orange Circle 1	Triple Jump Pit 1	100m	200mH 68cm	200mH 76cm
300m Pack	Long Jump Pit 2	70m Hurdles track	Discus 500g	Shot Put 2kg Orange Circle 1	Triple Jump Pit 1	High Jump 1.05m start	800m	100m
Long Jump Pit 2	70m	Discus 500g 2 throws only	200m	800m	200m	High Jump 1.05m start	Long/Triple Jump Pit 1	Shot Put G+14B-3kg 15B-4kg 17B-5kg Circle 1
Long Jump Pit 2	Shot Put 1kg Blue Circle 2	Discus 500g 2 throws only	700m Walk	100m	Discus 750g	200m	Long/Triple Jump Pit 1	Shot Put G+14B-3kg 15B-4kg 17B-5kg Circle 1
100m Hurdles track	Shot Put 1kg Blue Circle 2	Long Jump Pit 2	Long Jump Pit 1	High Jump 0.85m start	Discus 750g	1500m Walk U12-15 or 1500m run U12	1500m Walk U12-15 or 200m U13	1500m Walk U12-15 or 800m U14-17
Shot Put Ball throw Circle 2	200m	Long Jump Pit 2	Long Jump Pit 1	High Jump 0.85m start	100m	Discus 750g	Shot Put 3kg White Circle 1	Long/Triple Jump Pit 1
Shot Put Ball throw Circle 2	100m Hurdles track	100m	70m Hurdles track	200m	1500m	Discus 750g	Shot Put 3kg White Circle 1	Long/Triple Jump Pit 1

Invitational High Jump. U9-17. PB: 9+10=1.10m. PB: 11+12=1.25m.

PB: 13-17G=1.35m. PB: 13-17B=1.40m

Invitational 400m. U9-17. Time based. Starts October.

Program 2 2015-16



Warm up starts 5:45pm. Program starts 6:00pm.

U6	U7	U8	U9	U10	U11	U12	U13	U14-17
Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
50m Before U10s	500m Pack	400m	Shot Put 2 throws only 2kg Orange Circle 1	70m	Long Jump 4 jumps Pit1	60mH 68cm	High Jump 1.10m start	400m
Long Jump 2 jumps only Pit 2	50m	100m	Shot Put 2 throws only 2kg Orange Circle 1	60mH 60cm	Long Jump 4 jumps Pit1	800m	High Jump 1.10m start	Sprints training
Long Jump 2 jumps only Pit 2	Long Jump Pit 2	Discus 500g	800m	Shot Put 2 throws only 2kg Orange Circle 1	60mH 60cm	Long Jump Pit 1	400m	High Jump U14+15 1.15m start U17 1.20m start
100m +running training	Long Jump Pit 2	Discus 500g	100m	Shot Put 2 throws only 2kg Orange Circle 1	400m	Long Jump Pit 1	Discus G-750g B-1kg	High Jump U14+15 1.15m start U17 1.20m start
Discus Training Up grass hill Day Light Saving only	Discus 350g	60mH 45cm	60mH 45cm	1100m Walk With U11s	1100m Walk With U10s	Shot Put G-2kg B-3kg Circle 1	Discus G-750g B-1kg	100m
300m Pack	Discus 350g	70m	Long Jump 4 jumps Pit 1	400m	Shot Put 2kg Orange Circle 1	Shot Put G-2kg B-3kg Circle 1	1500m With U10+11 walk if poss.	1500m With U10+11 walk if poss.
	70m Hurdles track		Long Jump 4 jumps Pit 1		Shot Put 2kg Orange Circle 1	400m	100m	Discus G/B-1kg 17B-1.5kg

Invitational 800m. U9-17.

Invitational 200m. U9-17. Time based. Starts October

Program 3 2015-16



Warm up starts 5:45pm. Program starts 6:00pm.

U6	U7	U8	U9	U10	U11	U12	U13	U14-17
Warm up	Warm up	Warm up	Warm up	Warm up	5:30pm start	5:30pm start	5:30pm start	5:30pm start
100m	Shot Put 1kg Blue Circle 2	200m	Shot Put 2kg Orange Circle 1	Long Jump 4 jumps Pit 1	High Jump 2 jumps 1.05m start	Javelin 400g	80mH 76cm	80H-14G-76cm 90H-14B/15G-76cm 100H-15/17-76cm
Long Jump Pit 2	Shot Put 1kg Blue Circle 2	700m Pack	Shot Put 2kg Orange Circle 1	Long Jump 4 jumps Pit 1	High Jump 2 jumps 1.05m start	Javelin 400g	Javelin G-400g B-600g	3000m
Long Jump Pit 2	500m Pack	Shot Put 1.5kg Yellow Circle 1	400m	1500m	200m	60mH 68cm	Javelin G-400g B-600g	Javelin 14G-400g 14B-600g 15/17G-500g 15/17B-700g
300m Pack	70m	Shot Put 1.5kg Yellow Circle 1	High Jump Scissor 2 jumps 0.75m start	60mH 60cm	60mH 60cm	Triple Jump	100m	Javelin
Shot Put Ball Throw Circle 2	Long Jump Pit 2	100m	High Jump Scissor 2 jumps 0.75m start	Discus 4 throws 500g After U11 Jav	Javelin 2 throws 400g	Triple Jump	Long/Triple Jump Pit 1 1 lane only	200m
Shot Put Ball Throw Circle 2	Long Jump Pit 2	Long Jump Pit 2	60mH 45cm	Discus 4 throws 500g	800m	200m	Long/Triple Jump Pit 1	Long/Triple Jump Pit 1 1 lane only
70m	100m	Long Jump Pit 2		Discus 4 throws 500g		1500m	3000m	Long/Triple Jump Pit 1
Invitational 100m. U9-11. Hurdle track. Time based. Starts October						Invitational 100m. U11-17. Sprint track. Time based. Starts October		
Invitational throws. U9-17. Shot or Discus. PB: 9+10=17m. PB: 11-17=20m								