



# Program 1 - 2014/15

	U6	U7	U8	U9	U10	U11	U12	U13/14/15/17	
	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	5.30pm Walks U9-17
1	50m	Long Jump Pit 2	700m Pack	Discus 500g	Shot Put 2kg Orange Circle 1	Triple Jump Pit 1	100m	200 Hurdles U13 - 68cm, U14/15 - 76cm	
2	300m Pack	Long Jump Pit 2	70m	Discus 500g	Shot Put 2kg Orange Circle 1	Triple Jump Pit 1	High Jump 1.05m start	100m	
3	Long Jump Pit 2	70m	Shot Put 1.5kg Yellow Circle 1	70m	800m Pack	200m	High Jump 1.05m start	Long Jump Pit 1	
4	Long Jump Pit 2	Shot Put 1kg Blue Circle 2	Shot Put 1.5kg Yellow Circle 1	200m	High Jump 0.85m start	Discus 750g	800m Pack	Long Jump Pit 1	
5	100m	Shot Put 1kg Blue Circle 2	100m	Long Jump Pit 1	High Jump 0.85m start	Discus 750g	200m	800m Pack	
6	Shot Put Ball Throw Circle 2	200m	Long Jump Pit 2	Long Jump Pit 1	100m	800m Pack	Discus 750g	Shot Put 17B=5kg. 15B=4kg. 17/15/14/13G=3kg. 14/13B=3kg. Circle	
7	Shot Put Ball Throw Circle 2	100m	Long Jump Pit 2	800m Pack	200m	100m	Discus 750g	1&2 <b>OR</b> Invitational High Jump	
8	<b>*3 HJ sets required</b>		<b>* 200mH x6 lanes x5 flights = 30H run in 20m; separate 35m; run out 40m</b>					U13-15 only G = PB 1.35 B = PB 1.40	



# Program 2 - 2014/15

	U6	U7	U8	U9	U10	U11	U12	U13/14/15/17
	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up
1	50m	500m pack	Discus 500g	Shot Put 2kg Orange Circle 1	100m	Long Jump Pit 1	400m	High Jump 1.10m start
2	Long Jump Pit 2	50m	Discus 500g	Shot Put 2kg Orange Circle 1	1500m Pack	Long Jump Pit 1	60m Hurdles (68cm) <b>OR</b> 100m	High Jump 1.10m start
3	Long Jump Pit 2	Discus 350g	100m	800m Pack	Shot Put 2kg Orange Circle 1&2	60m Hurdles (60cm)	Long Jump Pit 1	400m
4	100m	Discus 350g	High Jump Training	100m	Shot Put 2kg Orange Circle 1&2	1500m Pack	Long Jump Pit 1	100m
5	Discus Training Up Hill	70m	400m	Long Jump Pit 1	60m Hurdles (60cm)	Shot Put 2kg Orange Circle 1	1500m Pack	Discus 13G=750G. 13B & 14/15/17G=1KG. 17B=1.5kg
6	Discus Training Up Hill	Long Jump Pit 2	60m Hurdles (45cm)	Long Jump Pit 1	400m	Shot Put 2kg Orange Circle 1	Shot Put G=2kg B=3kg Circle 1	
7	70m	Long Jump Pit 2		60m Hurdles (45cm)		400m	Shot Put G=2kg B=3kg Circle 1	3000m Pack
8	<b>*3 HJ sets required</b>			<b>Invitational High Jump U9-12 only.</b> Starts 8pm or after U8 HJ. Finish 8.30pm. U9/10 PB 1.10; U12/12 PB 1.25				



# Program 3 - 2014/15

	U6	U7	U8	U9	U10	U11	U12	U13/14/15/17	
	Warm Up	Warm Up 4x100m relay	Warm Up	Warm Up	Warm Up	Warm Up	5.30pm Javelin	Warm Up	<b>Sprint Hurdles</b> 13/14G&13B = 80m-76cm 14B&15G 90m-76cm 15B 100m-76cm
1	Long Jump Pit 2	Shot Put 1kg Blue Circle 2	700m Pack	Shot Put 2kg Orange Circle 1	Long Jump Pit 1	High Jump 0.95m start	Javelin 400g	Sprint Hurdles	
2	Long Jump Pit 2	Shot Put 1kg Blue Circle 2	200m	Shot Put 2kg Orange Circle 1	Long Jump Pit 1	High Jump 4x100m relay	Javelin 400g	1500m 4x100m relay	
3	100m	500m pack	Shot Put 1.5kg Yellow Circle 1	100m 4x100m relay	60m Hurdles (60cm)	200m	60m Hurdles (68cm)	Javelin	<b>U13-15 Javelin</b> 13/14G=400g 15/17G=500g 13/14B=600g 15/17B=700g
4	300m Pack	Long Jump Pit 2	Shot Put 1.5kg Yellow Circle 1	High Jump 0.75m start 2 jumps only	100m 4x100m relay	60m Hurdles (60cm)	Triple Jump Pit 1	Javelin	
5	Shot Put Ball Throw Circle 2	Long Jump Pit 2	70m 4x100m relay	High Jump 0.75m start	Discus 500g	Shot Put 2kg Orange Circle 1	Triple Jump 4x100m relay	200m	
6	Shot Put Ball Throw Circle 2	100m	Long Jump Pit 2	60m Hurdles (45cm)	Discus 500g	Shot Put 2kg Orange Circle 1	100m	Triple Jump Pit 1	<b>Circular relays if time permits</b>
7	70m	70m	Long Jump Pit 2	400m	70m	100m	200m	Triple Jump Pit 1	
8	<b>*3 HJ Sets required</b>		<b>Invitational Discus</b> Start 8pm or after U10 discus. U9/10 PB=17m; U11-15 PB=20m. Finish 8.30pm.			<b>Invitational 800m</b> Start 8pm or after U6 300m. All ages together. Ineligible for club records.			