



PROGRAM 1 2016-17

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	200m Hurdles 68cm	200m Hurdles U14 300m Hurdles U15 to U17
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	100m	800m
Long Jump Pit 2	70m Hurdles Track	Discus 500g 2 throws	70m	800m	200m	High Jump 1.05m start	Long/Triple Jump Pit 1	Shot Put - U14 G+14B-3kg 15B-4kg 17B-5kg Circle 1
Long Jump Pit 2	Shot Put 1kg Blue Circle 2	Discus 500g 2 throws	700m Walk	High Jump 0.85m start	Discus 750g	400m	Long/Triple Jump Pit 1	Discus - U15-17 G/B-1kg 17B-1.5kg
100m Hurdles Track	Shot Put 1kg Blue Circle 2	Long Jump Pit 2	200m	High Jump 0.85m start	Discus 750g		800m	200m
Shot Put Ball throw Circle 2	100m Hurdles Track	Long Jump Pit 2	Long Jump Pit 1	400m	100m	Discus 750g	Shot Put 3kg White Circle 1	Long/Triple Jump Pit 1
Shot Put Ball throw Circle 2	200m	100m Hurdles Track	Long Jump Pit 1	100m	1500m	Discus 750g	Shot Put 3kg White Circle 1	Long/Triple Jump Pit 1
						1500m Walk	1500m Walk	1500m Walk

Invitational Javelin U12 TO 17 if Baseball area is free

Invitational U9-17.800M Nov to March



PROGRAM 2 2016-17

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
50 before the u10's	500m Pack	Discus 500g	Shot Put 2 throws only 2kg Orange Circle 1	70m	Long Jump Pit 1	60m Hurdles 68cm	High Jump 1.10m start	400m
Long Jump Pit 2 2 Jumps	50m	Discus 500g	Shot Put 2 throws only 2kg Orange Circle 1	60m Hurdles 60cm	Long Jump Pit 1	800m	High Jump 1.10m start	High Jump U14+15 1.15m start U17 1.20m start
Long Jump Pit 2 2 Jumps	Long Jump Pit 2	100m	800m	Discus 500g	60m Hurdles 60cm	Long Jump Pit 1	200m	High Jump U14+15 1.15m start U17 1.20m start
Running games	Long Jump Pit 2	Throwing Games	100m	Discus 500g	400m	Long Jump Pit 1	1500m	1500m
100m	Discus 350g	400m	60m Hurdles 45cm	1100m Walk with U11's	1100m Walk with U10's	Shot Put G-2kg B-3kg Circle 1	Discus G-750g B-1kg	100m
70m	Discus 350g	60H 45	Long Jump Pit 1	200m	Shot Put 2kg Orange Circle 1	Shot Put G-2kg B-3kg Circle 1	Discus G-750g B-1kg	Discus G/B-1kg 17B-1.5kg
Throwing games	70m		Long Jump Pit 1		Shot Put 2kg Orange Circle 1	400m	100m	Discus G/B-1kg 17B-1.5kg
								Discus G/B-1kg 17B-1.5kg

Invitational Sprints Time based Nov to March

**PROGRAM 3 2016-17**

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
100m	Shot Put 1kg Blue Circle 2	700m Pack	Boys - Shot Put 2kg Orange Circle 1	Long Jump Pit 1	Javelin	200m	80m Hurdles 76cm	80H-14G-76cm 90H-14B/15G-76cm 100H-15/17-76cm
Long Jump Pit 2	Shot Put 1kg Blue Circle 2	200m - Boys 100m - Girls	Girls - High Jump 2 jumps Scissor style	Long Jump Pit 1	Javelin	60m Hurdles 68cm	800m	Shot Put G+14B-3kg 15B-4kg 17B-5kg Circle 1
Long Jump Pit 2	500m Pack	Shot Put 1.5kg Yellow Circle 1	Boys - High Jump 2 jumps Scissor style	100m	60m Hurdles 60cm	Triple Jump Pit 1	Discus after U11s Jav G-750g, B-1kg	400m
Shot Put Ball throw Circle 2	70m	Shot Put 1.5kg Yellow Circle 1	Girls - 400m	60m Hurdles 60cm	800m	Triple Jump Pit 1	Discus after Jav U11's G-750g, B-1kg	
Shot Put Ball throw Circle 2	Long Jump Pit 2	100m - Boys 200m - Girls	60m Hurdles 45cm	1500m	High Jump 1.05m start		400m	100m
70m	Long Jump Pit 2	Long Jump Pit 2 2 Jumps	Boys - 400m	Discus 500g	High Jump 1.05m start	1500m	Long/Triple Jump Pit 1 share pit U14-17's	Long/Triple Jump Pit 1 Share pit U13
	100m	Long Jump Pit 2 2 Jumps	Girls - Shot Put 2kg Orange Circle 1	Discus 500g	200m		Long/Triple Jump Pit 1	Long/Triple Jump Pit 1
							3000m	3000m

Invitational Sprints Time based Nov to March