

## Weekly Programs

### **Program A**

Tiny Tots	1-hour program
6's	100m, 300m, Shot Put, Long Jump
7's	100m, 500m, Discus
8's	60m/h, 200m, 700m, Long Jump
9's	60m/h, 200m, 800m, Discus
10's	60m/h, 200m, 800m, Shot Put
11's	80m/h, 1500m, High Jump, Discus
12's	80m/h, 1500m, High Jump, Javelin
13's (U14)	80m/h(G) 90m/h(B), 200m, 1500m, Long Jump, Javelin
14's (U15)	90m/h(G) 100m/h(B), 200m, 1500m, Long Jump, Javelin
15's (U16)	90m/h(G) 100m/h(B), 200m, 1500m, Long Jump, Javelin
16's (U17)	100m/h(G) 110m/h(B), 200m, 1500m, Long Jump, Javelin
17's (U18)	100m/h(G) 110m/h(B), 200m, 1500m, Long Jump, Javelin
U20	100m/h(G) 110m/h(B), 200m, 1500m, Long Jump, Javelin

### **Program B**

Tiny Tots	1-hour program
6's	50m, 70m, 200m, Discus
7's	50m, 70m, 200m, Shot Put
8's	70m, 100m, 400m, Discus
9's	70m, 100m, 800m, Long Jump
10's	70m, 800m, Long Jump, Turbo Javelin
11's	200m, 800m, Triple Jump, Javelin
12's	200m, 800m, Triple Jump, Discus
13's (U14)	800m, 200m/h, High Jump, Shot Put
14's (U15)	800m, 300m/h, High Jump, Shot Put
15's (U16)	800m, 300m/h, High Jump, Shot Put
16's (U17)	800m, 400m/h, High Jump, Shot Put
17's (U18)	800m, 400m/h, High Jump, Shot Put
U20	800m, 400m/h, High Jump, Shot Put

### **Program C**

Tiny Tots	1-hour program
6's	70m, 100m, Long Jump, Shot Put
7's	70m, 100m, Shot Put, Long Jump
8's	70m, 100m, Shot Put, High Elastic (optional)
9's	100m, 400m, Scissor High Jump, Shot Put
10's	100m, 400m, Scissor High Jump, Discus
11's	100m, 400m, Long Jump, Shot Put
12's	100m, 400m, Long Jump, Shot Put
13's (U14)	100m, 400m, 3000m, Triple Jump, Discus
14's (U15)	100m, 400m, 3000m, Triple Jump, Discus
15's (U16)	100m, 400m, 3000m, Triple Jump, Discus
16's (U17)	100m, 400m, 3000m, Triple Jump, Discus
17's (U18)	100m, 400m, 3000m, Triple Jump, Discus
U20	100m, 400m, 3000m, Triple Jump, Discus