

## Week A Program

Indicative Time	u/6	u/7	u/8	u/9	u/10	u/11	u/12	u/13	u/14 u/15 u/17
6:00pm	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk	Walk
6:20 pm	Muster	Muster	Muster	Muster	Muster	Muster	Muster	Muster	Muster
6:30 pm	70	500PS	Shot Put	Long Jump	Discus	High Jump	100	200H	200/300H
6:45pm	300PS	Shot Put	70				Triple Jump	100	Discus
7:00 pm	Discus		700PS	70	Long Jump	100	1500	High Jump	
7:15 pm		70	100	400		1500	High Jump		Long Jump
7:30 pm	100			Shot Put	70	Triple Jump		1500	1500
7:45 pm		100		100	400		Discus	Long Jump	Javelin
8:00 pm					100	400		Discus	100
8:15 pm						Shot Put	400	400	400

## Week B Program

Indicative Time	u/6	u/7	u/8	u/9	u/10	u/11	u/12	u/13	u/14 u/15 u/17
6:20 pm	Muster	Muster	Muster	Muster	Muster	Muster	Muster	Muster	Muster
6:30 pm	200	Long Jump	60H	60H	200	800	800	Shot Put	Triple Jump
6:45pm	Long Jump	200	Discus	High Jump	60H	80H*	80H*	Triple Jump	Shot Put
7:00 pm		Discus	200		High Jump	Long Jump	Shot Put	80H	80H, 90H, 100H
7:15 pm	Shot Put		Long Jump	200			200		
7:30 pm	50	50		Discus	800	200	Long Jump	200	200
7:45 pm			400		Shot Put	Javelin			
8:00 pm				800			Javelin	800	800
8:15 pm						Discus		Javelin	High Jump
Last event								3000m	3000m

\*2019 change by LANSW

NOTES: Athletes in the U14-U17 age groups MUST attend each event as a combined group.

Program may change during the season to cater to varying numbers in age groups.

Hurdles will run in ascending age group order due to changes in heights and flights.