

WEEK 1

Session 2

v2

U / 10 Girls	60m H Back Track	High J High Jump 4	200m 200m Start	
U / 10 Boys	60m H Back Track	High J High Jump 5	200m 200m Start	
U / 11 Girls	High J High Jump 3	100m Straight Track	Discus Discus 2	400m Straight Track
U / 11 Boys	High J High Jump 1	100m Straight Track	Discus Discus 1	400m Straight Track
U / 12 Girls	Shot Put Shot put 2	100m Straight Track	High J High Jump 2	400m Straight Track
U / 12 Boys	Shot Put Shot put 1	100m Straight Track	High J High Jump 1	400m Straight Track
U / 13 Girls	Discus Discus 2	200m 200m Start	Long J Long Jump 2	400m Straight Track
U / 13 Boys	Discus Discus 1	200m 200m Start	Long J Long Jump 1	400m Straight Track
U / 14 Girls	100m Straight Track	Long J Long Jump 3	Shot Put Shot Put 2	400m Straight Track
U / 14 Boys	100m Straight Track	Long J Long Jump 4	Shot Put Shot Put 1	400m Straight Track
U / 15 Girls	100m Straight Track	800m 800 Start	Triple Triple Jump 3	400m Straight Track
U / 15 Boys	100m Straight Track	800m 800 Start	Triple Triple Jump 4	400m Straight Track
U / 17 Girls	Triple Triple Jump 2	200m 200m Start	100m Straight Track	1500m Back Track
U / 17 Boys	Triple Triple Jump 1	200m 200m Start	100m Straight Track	1500m Back Track