

WEEK 3

Session 2

v2

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|--------------|---------------------------|------------------------|------------------------|---------------------------|
| U / 10 Girls | Shot Put Shot put 2 | 400m Straight Track | 100m Straight Track | 1100m Walk Back Track |
| U / 10 Boys | Shot Put Shot put 1 | 400m Straight Track | 100m Straight Track | 1100m Walk Back Track |
| U / 11 Girls | Long J Long Jump 3 | 800m 800 Start | 200m 200m Start | 1100m Walk Back Track |
| U / 11 Boys | Long J Long Jump 4 | 800m 800 Start | 200m 200m Start | 1100m Walk Back Track |
| U / 12 Girls | Triple J Triple Jump 2 | 1500m Back Track | 200m 200m Start | 1500m Walk Back Track |
| U / 12 Boys | Triple J Triple Jump 1 | 1500m Back Track | 200m 200m Start | 1500m Walk Back Track |
| U / 13 Girls | 200m H 200m Start | 1500m Back Track | Shot Put Shot Put 2 | Triple J Triple Jump 2 |
| U / 13 Boys | 200m H 200m Start | 1500m Back Track | Shot Put Shot Put 1 | Triple J Triple Jump 1 |
| U / 14 Girls | 200m H 200m Start | 1500m Back Track | 200m 200m Start | Triple J Triple Jump 3 |
| U / 14 Boys | 200m H 200m Start | 1500m Back Track | 200m 200m Start | Triple J Triple Jump 4 |
| U / 15 Girls | 300m H Back Track | Discus Discus 2 | 200m 200m Start | High J High Jump 2 |
| U / 15 Boys | 300m H Back Track | Discus Discus 1 | 200m 200m Start | High J High Jump 1 |
| U / 17 Girls | 300m H Back Track | High J High Jump 2 | 800m 800m Start | Shot put Shot put 2 |
| U / 17 Boys | 300m H Back Track | High J High Jump 1 | 800m 800m Start | Shot put Shot put 1 |

U / 13 – U / 17 1500m Walk at the end of their program