

2022 – 2023

WEEK 1

Session 1

v1

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|-------------|------------------------|--------------------------|---------------------|--------------------|
| Tiny Tots | 100m Back Track | Shot put Shotput 3 | 60m H Back Track | |
| U / 6 Girls | 60m H Front Track | Discus Discus 6 | 100m Front Track | |
| U / 6 Boys | 60m H Front Track | Discus Discus 5 | 100m Front Track | |
| U / 7 Girls | 60m H Front Track | Long jump Long Jump 2 | 200m 200m Start | |
| U / 7 Boys | 60m H Front Track | Long jump Long Jump 1 | 200m 200m Start | |
| U / 8 Girls | Shot put Shot put 2 | 60m H Front Track | 200m 200m Start | |
| U / 8 Boys | Shot put Shot put 1 | 60m H Front Track | 200m 200m Start | |
| U / 9 Girls | 800m 800m Start | 60m H Front Track | Discus Discus 2 | 200m 200m Start |
| U / 9 Boys | 800m 800m Start | 60m H Front Track | Discus Discus 1 | 200m 200m Start |