

2022 – 2023

WEEK 3

Session 1

v1

Tiny Tots	50m Back Track	Discus Discus 3	100m Back Track
U / 6 Girls	Long jump Long Jump 3	60m Front Track	300m 1500m Start
U / 6 Boys	Long jump Long Jump 4	60m Front Track	300m 1500m Start
U / 7 Girls	500m Front Track	Shot put Shot Put 2	50m Front Track
U / 7 Boys	500m Front Track	Shot put Shot Put 1	50m Front Track
U / 8 Girls	100m 400m Start	Discus Discus 2	700m 1500m Start
U / 8 Boys	100m 400m Start	Discus Discus 1	700m 1500m Start
U / 9 Girls	100m Front Track	Long jump Long Jump 2	400m 400m Start
U / 9 Boys	100m Front Track	Long jump Long Jump 1	400m 400m Start

****Walks to be held in between Session 1 and Session 2****