

2022 – 2023

WEEK A

Session 2

v1

U / 10 Girls	Long Jump Long Jump 2	70m Front Track	Discus Discus 2	100m Front Track	400m 400m Start	
U / 10 Boys	Long Jump Long Jump 1	70m Front Track	Discus Discus 1	100m Front Track	400m 400m Start	
U / 11 Girls	80m Hurdles Front Track	Discus Discus 2	100m Front Track	800m 800m Start	Long Jump Long Jump 3	400m 400m Start
U / 11 Boys	80m Hurdles Front Track	Discus Discus 1	100m Front Track	800m 800m Start	Long Jump Long Jump 4	400m 400m Start
U / 12 Girls	80m Hurdles Front Track	1500m 1500m Start	Long Jump Long Jump 2	100m 100m Start	400m 400m Start	Discus Discus 2
U / 12 Boys	80m Hurdles Front Track	1500m 1500m Start	Long Jump Long Jump 1	100m 100m Start	400m 400m Start	Discus Discus 1
U / 13 Girls	80m Hurdles Front Track	High Jump High Jump 2	100m 100m Start	Triple Jump Triple Jump 3	1500m 1500m Start	Shot Put Shot Put 2
U / 13 Boys	80m Hurdles Front Track	High Jump High Jump 1	100m 100m Start	Triple Jump Triple Jump 4	1500m 1500m Start	Shot Put Shot Put 1
U / 14 Girls	80m Hurdles Front Track	Shot Put Shot Put 2	1500m 1500m Start	100m 100m Start	Long Jump Long Jump 2	400m 400m Start
U / 14 Boys	90m Hurdles Front Track	Shot Put Shot Put 1	1500m 1500m Start	100m 100m Start	Long Jump Long Jump 1	400m 400m Start
U / 15 U / 17 Girls	90/100m Hurdles Front Track	1500m 1500m Start	Triple Jump Triple Jump 3	Shot Put Shot Put 2	100m 100m Start	High Jump High Jump 2
U / 15 U / 17 Boys	100/110m Hu Front Track	1500m 1500m Start	Triple Jump Triple Jump 4	Shot Put Shot Put 1	100m 100m Start	High Jump High Jump 1

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