

WEEK 1

Tiny Tots	100m	Shot put	60m H	50m	
U6	60m H	Discus	100m	300	
U7	60m H	Long jump	200m	Shot Put	50m
U8	Shot put	60m H	200m	700m	
U9	800m	60m H	Discus	200m	Long Jump

WEEK 2

Tiny Tots	70m	Long jump	200m	Discus	
U6	70m	Shot Put	200m	Long Jump	60m
U7	Discus	70m	100m	500m	
U8	70m	Long jump	400m	100m	Discus
U9	High jump	70m	Shot put	100m	400m