

Week Three Program : Saturday 20th November 2021

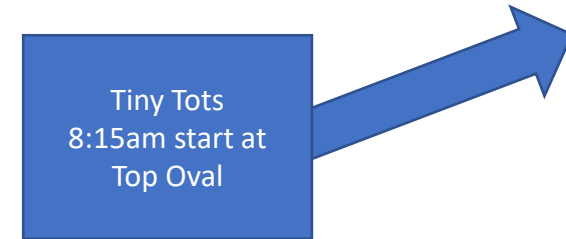
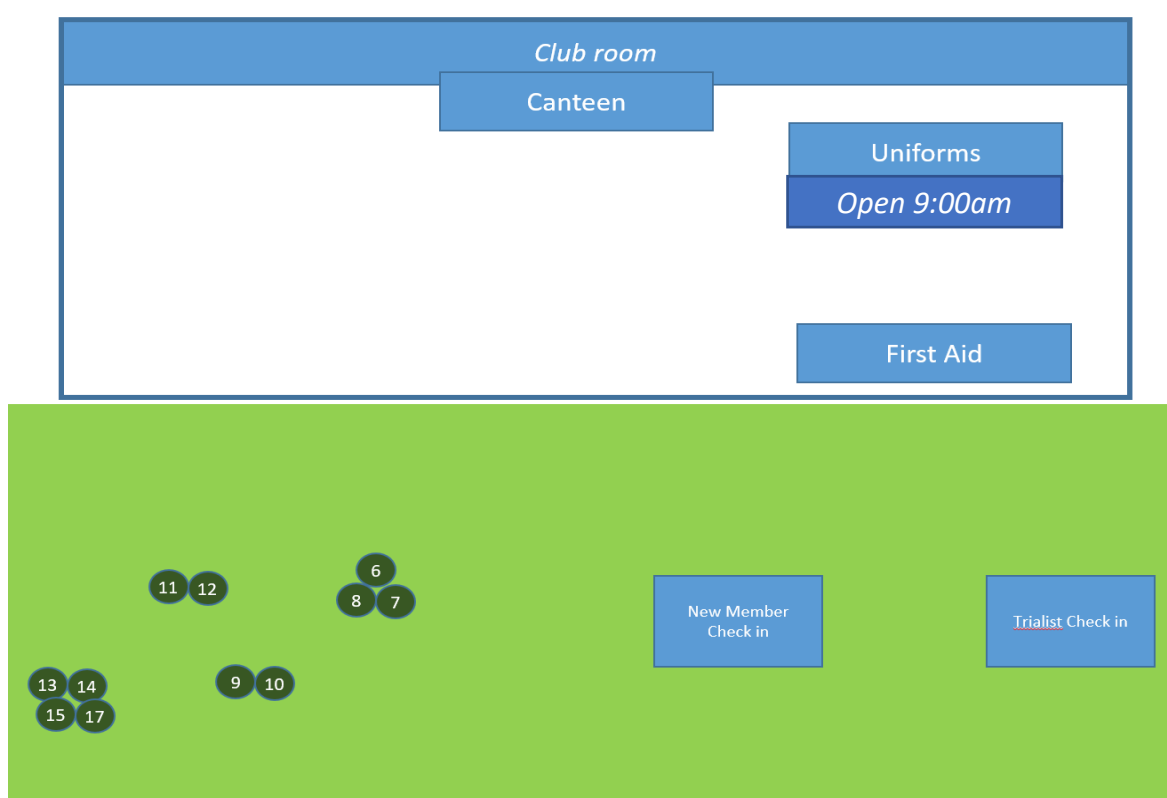
8:00 – 9:30am

Age Group	Activity 1	Activity 2
Tiny Tots	Various	Various
U6-U7	Jumps	Sprints
U8-9B	HJ Scissor	Hurdles
U9G - U10	Hurdles	HJ Scissor
U11-U12	Shot	Endurance
U13+	Discus	Starts & Relays

9:45 – 11:15am

Age Group	Activity 1	Activity 2
U6-U7	Jumps	Sprints
U8-U9	HJ Scissor	Hurdles
U10	Hurdles	HJ Scissor
U11-U12	Shot	Endurance
U13+	Discus	Starts & Relays

Map of the grounds



Canteen Open 8:30-11:00

Uniforms available 8:30-10:30

Registration packs will be available for collection from Saturday 20th November