

WEEKLY PROGRAMS 2024/2025 SEASON



	Tiny Tots	6's	7's	8's	9's	10's	11's	12's	13's	14's	15's & 16's
WEEK 1 (A)	50m*	50m	50m	400m	400m	400m	400m	400m	400m	400m	400m
	100m*	Play Hurd*	Play Hurd*	60m/h	60m/h	60m/h	80m/h	80m/h	200m/h-200m	300m/h-200m	300m/h-200m
	Long Jump*	150m	Discus	Shot	Long Jump	Long Jump	Shot	Triple Jump	Shot	Shot	Shot
	Discus*	Discus	Turbojav*	High Jump*	Shot	Discus	Javelin	Javelin	High Jump	High Jump	High Jump

WEEK 2 (B)	70m*	200m	200m	200m	200m	200m	200m	200m	800m	800m	800m
	100m*	70m	70m	70m	70m	70m	800m	800m	80-90m/h	90-100m/h	90-100-110m/h
	Turbojav*	Discus	Shot	Discus	Shot	Long Jump	Triple Jump	Discus	Discus	Discus	Discus
	Play Hurdle*	Turbojav*	High Jump*	Long Jump	Turbojav*	Turbojav*	High Jump	High Jump	Triple Jump	Triple Jump	Triple Jump

WEEK 3 (C)	70m*	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
	100m*	300m	500m	700m	800m	800m	1500m	1500m	1500-3000m	1500-3000m	1500-3000m
	Long Jump*	Long Jump	Long Jump	Shot	Discus	High Jump	Discus	Shot	Javelin	Javelin	Javelin
	Ten Ball Shot*	Shot	Discus	Turbojav*	High Jump	Shot	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump

* Denotes Playtraining Event

Shading Indicates The First Event For Each Age Group