

WEEKLY PROGRAMS 2019/2020 SEASON



| | Tiny Tots | U/6 | U/7 | U/8 | U/9 | U/10 | U/11 | U/12 | U/13 | U/14 | U/15 & U/17 | ANSW |
|-------------------|------------|------------|------------|------------|-----------|-----------|---------|-------------|-------------|-------------|-------------|-------------|
| WEEK 1 (A) | 50m* | 50m | 50m | 400m | 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 | 200m/h-200m | 300m/h-200m | 300m/h-200m |
| | Long Jump* | 150m | Discus | Shot | Long Jump | Long Jump | Shot | Triple Jump | Shot | Shot | Shot | Shot |
| | Discus* | Discus | Turbojav* | High Jump* | Shot | Discus | Javelin | Javelin | High Jump | High Jump | High Jump | High Jump |

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

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

* Denotes Playtraining Event

Shading Indicates The First Event For Each Age Group