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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Allocated to jobs. It was up to them to tuMOUNT BARKER AND DISTRICTS WEEKLY PROGRAM OF EVENTS 2016/17** Updated 22/10/2016 | | | | | | | | | | | | | | | | |
| **PROGRAM 1 – WEEK 1** | | | | | | | | | | | | | | | | |
| **U6** | | **U7** | | **U8** | | | **U9** | | | **U10** | | | **U11** | | **U12** | **U13-17** |
| **Boys** | **Girls** | |
| 100m | | 70m | | Discus  500g | | | High jump  scissor | 800m | | Shot Put  2kg | | | Long Jump | | 800m | 800m |
| 70m | | Discus  350g | | 70m | | | 70m | High jump | | 800m | | | 800m | | High jump  Scissor and/or flop  Start 10 cm off PBs | High jump  Scissor and/or flop |
| Shot Put  1kg | | 100m | | Long jump | | | 800m | 70m | | 100m | | | 100m | | 200m | 200m |
| 200m | | 200m | | 100m | | | Shot Put | 100m | | Long jump | | | Discus  750g | | Shot put  G 2kg / B 3kg | Shot Put  3kg |
|  | |  | |  | | | 100m | Shot put | | 200m | | | 200m | | 100m | 100m |
| **PROGRAM 2 – WEEK 2** | | | | | | | | | | | | | | | | |
| **U6** | | **U7** | | **U8** | | | **U9** | | | **U10** | | | **U11** | | **U12** | **U13-17** |
| **Boys** | **Girls** | | **Boys** | **Girls** | |
| 50mH  Mini hurdles | | 60mH  45cm | | Shot Put  1.5kg | High jump scissory only | | Long Jump | | | 400m | 70m | | High jump  Scissor and/or flop | | Discus  750g | Discus  G 750g  B 1kg |
| 100m | | 70m | | 60mH  45cm | Shot put 1.5kg | | 60mH  45cm | | | Discus  500g | 400m | | 400m | | 400m | 400m |
| 70m | | Shot Put  1kg | | High Jump Scissor only | 200m | | Shot Put  2kg | | | 60mH  60cm | High jump scissory only | | 60mH  60cm | | Long Jump | Long Jump |
| Long Jump | | 100m | | 200m | 60mH  45cm | | 400m | | | High Jump  Scissor only | 60mH  45cm | | Javelin | | 60mH  68cm | 90mH  76cm |
|  | |  | |  | | | 70m | | | 70m | Discus  500g | | 200m | | 100m | 100m |
| **PROGRAM 3 – WEEK 3** | | | | | | | | | | | | | | | | |
| **U6** | **U7** | | **U8** | | | **U9** | | | **U10** | | | **U11** | | **U12** | | **U13-17** |
| 70m | 50m | | 400m | | | Long Jump | | |  | | | 100m | | 400m | | 400m |
| Discus  350g | 400m | | 70m | | | 100m | | | 100m | | | Shot put  2kg | | Triple Jump | | Triple Jump |
| 300m | Long Jump | | 50m | | | 200m | | | 400m | | | 400m | | Javelin | | Javelin |
| 50m | 70m | | Long jump | | | Discus  500g | | | Shot put  2kg | | | Triple jump | | 200m | | 200m |
|  |  | |  | | | 400m | | | 70m | | | **Optional 800/1500m**  **Optional 200mH U13/ 14 300mH U15-17** | | | | |
|  |  | |  | | |  | | |  | | |