|  |
| --- |
| **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 | Discus500g | High jumpscissor | 800m | Shot Put2kg | Long Jump | 800m | 800m |
| 70m | Discus350g | 70m | 70m  | High jump | 800m | 800m | High jumpScissor and/or flopStart 10 cm off PBs | High jumpScissor and/or flop |
| Shot Put1kg | 100m | Long jump | 800m | 70m | 100m | 100m | 200m | 200m |
| 200m | 200m | 100m | Shot Put | 100m | Long jump | Discus750g | Shot putG 2kg / B 3kg | Shot Put3kg |
|  |  |  | 100m | Shot put | 200m | 200m | 100m | 100m |
| **PROGRAM 2 – WEEK 2** |
| **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13-17** |
| **Boys** | **Girls** | **Boys** | **Girls** |
| 50mHMini hurdles | 60mH45cm | Shot Put1.5kg | High jump scissory only | Long Jump | 400m | 70m | High jumpScissor and/or flop | Discus750g | DiscusG 750gB 1kg |
| 100m | 70m | 60mH45cm | Shot put 1.5kg | 60mH45cm | Discus500g | 400m | 400m | 400m | 400m |
| 70m | Shot Put1kg | High Jump Scissor only  | 200m | Shot Put2kg | 60mH60cm | High jump scissory only | 60mH60cm | Long Jump | Long Jump |
| Long Jump | 100m | 200m | 60mH45cm | 400m | High JumpScissor only | 60mH45cm |  Javelin | 60mH68cm |  90mH 76cm |
|  |  |  | 70m | 70m | Discus500g | 200m | 100m | 100m |
| **PROGRAM 3 – WEEK 3** |
| **U6** | **U7** | **U8** | **U9** | **U10** | **U11** | **U12** | **U13-17** |
| 70m | 50m | 400m | Long Jump |  | 100m | 400m | 400m |
| Discus350g | 400m | 70m | 100m | 100m | Shot put2kg | Triple Jump | Triple Jump |
| 300m | Long Jump | 50m | 200m | 400m | 400m | Javelin | Javelin |
| 50m | 70m | Long jump | Discus500g | Shot put2kg | Triple jump | 200m | 200m |
|  |  |  | 400m | 70m | **Optional 800/1500m** **Optional 200mH U13/ 14 300mH U15-17**  |
|  |  |  |  |  |