

## SUMMER PROGRAM EVENTS – Weeks 1 to 3

WEEK 1	PROGRAM 1		PROGRAM 1									
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	Long Jump (1m mat)	Long Jump (1m mat)	70 m	70 m	70 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	60 m H (20cm)	60 m H (30cm)	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)
	Discus (350g)	Discus (350g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	Discus (750g)	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)
	100 m	200 m	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
						High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Triple Jump	Triple Jump	Triple Jump	Triple Jump

WEEK 2	PROGRAM 2		PROGRAM 2									
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 m	500 m Pack	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m
	Shot Put (1kg)	Shot Put (1kg)	Shot Put (1.5kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (3kg)	Shot Put (3kg)	Shot Put (3kg/4kg)	Shot Put (3kg/4kg)	Shot Put (3kg/5kg)
	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m
	Vortex	Vortex	Long Jump (1m mat)	High Jump (Scissors)	High Jump (Scissors)	Triple Jump	Triple Jump	Triple Jump	Long Jump	Long Jump	Long Jump	Long Jump
		300 m Pack						200m H (68cm)	200 m H (76cm)	300 m H (76cm)	300 m H (76cm)	300 m H (76cm)

WEEK 3	PROGRAM 1		PROGRAM 3									
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	Long Jump (1m mat)	Long Jump (1m mat)	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m
	60 m H (20cm)	60 m H (30cm)	300 m Walk	700 m Walk	1100 m Walk	1100 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk
	Discus (350g)	Discus (350g)	100m	Long Jump (0.5m mat)	Long Jump (0.5m mat)	Long Jump (0.2m)	Long Jump (0.2m)	Long Jump (0.2m)	Javelin (400g/600g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)
	100 m	200 m	Turbo Javelin	Turbo Javelin	Turbo Javelin	Javelin (400g)	Javelin (400g)	Javelin (400g/600g)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)

# Novelty : Pop-up surprise event – may be included through the season

## SUMMER PROGRAM EVENTS – Weeks 4 to 6

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## SUMMER PROGRAM EVENTS – Weeks 7 to 9

WEEK 7	PROGRAM 1		PROGRAM 1									
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	Long Jump (1m mat)	Long Jump (1m mat)	70 m	70 m	70 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	60 m H (20cm)	60 m H (30cm)	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)
	Discus (350g)	Discus (350g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	Discus (750g)	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)
	100 m	200 m	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
						High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Triple Jump	Triple Jump	Triple Jump	Triple Jump

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## SUMMER PROGRAM EVENTS – Weeks 10 to 12

WEEK 10	PROGRAM 2		PROGRAM 1									
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 m	70 m	70 m	70 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	Shot Put (1kg)	Shot Put (1kg)	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)
	100 m	100 m	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	Discus (750g)	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)
	Vortex	Vortex	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
		300 m Pack				High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Triple Jump	Triple Jump	Triple Jump	Triple Jump

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## SUMMER PROGRAM EVENTS – Weeks 13 to 15

WEEK 13	PROGRAM 1		PROGRAM 1									
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	Long Jump (1m mat)	Long Jump (1m mat)	70 m	70 m	70 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	60 m H (20cm)	60 m H (30cm)	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)
	Discus (350g)	Discus (350g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	Discus (750g)	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)
	100 m	200 m	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
						High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Triple Jump	Triple Jump	Triple Jump	Triple Jump

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## SUMMER PROGRAM EVENTS – Weeks 16 to 18

WEEK 16 (CC U8-17)	PROGRAM 2		PROGRAM 1 Centre Championships									
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 m	70 m	70 m	70 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	Shot Put (1kg)	Shot Put (1kg)	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)
	100 m	100 m	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	Discus (750g)	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)
	Vortex	Vortex	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
		300 m Pack				High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Triple Jump	Triple Jump	Triple Jump	Triple Jump

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WEEK 18 (CC all ages)	PROGRAM 2 (CC)		PROGRAM 3 Centre Championships (* = not a medal event this week)									
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m
	Shot Put (1kg)	Shot Put (1kg)	300 m Walk	700 m Walk	1100 m Walk	1100 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk
	100 m	100 m	100m*	Long Jump (0.5m mat)	Long Jump (0.5m mat)	Long Jump (0.2m)	Long Jump (0.2m)	Long Jump (0.2m)	Javelin (400g/600g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)
	Vortex	Vortex	Turbo Javelin	Turbo Javelin	Turbo Javelin	Javelin (400g)	Javelin (400g)	Javelin (400g/600g)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)
		300 m Pack	*Not medal event									