

WEEKLY PROGRAM (as of 9/10/2024)

Program	Approx. Time	6 M	6 F	7 M	7 F	8 M	8 F	9 M	9 F	10 M	10 F	
P1	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU	
	9:00	V	LJ	LJ	FJ	V	DISC	70	70	70	70	
	9:25	70	70	70	70	70	70	DISC	V	SP	SJ	
	9:50	SP	V	DISC	SP	LJ	LJ	200	200	100	100	
	10:15	100	100	200	200	100	100	LJ	LJ	SJ	V	
	10:40							800	800	800	800	
	11:05											
P2	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU	
	9:00	LJ	SP	60H	60H	60H	60H	60H	60H	200	200	
	9:25	200	200	FJ	LJ	SJ	V	200	200	60H	60H	
	9:50	V	DISC	SP	DISC	700	700	SJ	SJ	LJ	LJ	
	10:15	100	100	500	500	SP	SJ	400	400	V	400	
	10:40							V	SP	400	DISC	
	11:05											
P3	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU	
	9:00	DISC	50	V	SP	LJ	SJ	100	100	1100W	1100W	
	9:25	50	LJ	70	70	100	100	700W	700W	DISC	LJ	
	9:50	300	300	LJ	V	DISC	SP	SJ	LJ	100	100	
	10:15	70	V	100	100	200	200	800	800	LJ	SP	
	10:40							SP	DISC	800	800	
	11:05											
P4	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU	
	9:00	LJ	DISC	FJ	DISC	V	100	100	100	70	70	
	9:25	70	70	100	100	100	V	LJ	SJ	SJ	SP	
	9:50	V	FJ	SP	LJ	SJ	LJ	70	70	100	100	
	10:15	200	200	200	200	70	70	SP	DISC	DISC	SJ	
	10:40							400	400	400	400	
	11:05											
P5	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU	
	9:00	SP	LJ	60H	60H	60H	60H	60H	60H	200	200	
	9:25	200	200	LJ	FJ	DISC	SP	200	V	60H	60H	
	9:50	FJ	V	DISC	SP	LJ	SJ	V	200	SP	LJ	
	10:15	100	100	500	500	700	700	SJ	LJ	LJ	800	
	10:40							800	800	800	V	
	11:05											
P6	8:45	WU	WU	WU	WU	WU	WU	WU	WU	WU	WU	
	9:00	DISC	SP	V	LJ	SP	LJ	100	100	1100W	1100W	
	9:25	50	50	70	70	100	100	700W	700W	V	SJ	
	9:50	300	300	SP	V	SJ	DISC	LJ	SJ	200	200	
	10:15	LJ	70	100	100	200	200	400	400	SJ	DISC	
	10:40						400W (Optional)		DISC	SP	400	400
	11:05											

WU = Warm Up (may occur concurrently with 8.45am events)

V = Vortex (middle-south side of Northern/Throws Oval)

DISC = Discus (2 larger rings on western side of Northern/Throws Oval, use whichever is free)

SP = Shot Put (2 smaller rings in south-west corner of Northern/Throws Oval, use whichever is free)

FJ/SJ = Flexi Jump/Scissor Jump (U6-U10 use 2 SMALLER mats inside running track on Southern Oval)

LJ = Long Jump (Southern Oval, U6-U10 first use Southern Pits if free, otherwise Northern Pits)

Program	Approx. Time	11 M	11 F	12 M	12 F	13 M	13 F	14 M & F	15-17 M & F	
P1	8:45	WU	WU	WU	WU	WU	WU	WU	WU	
	9:00	100	100	100	100	200H	200H	200H	SP	
	9:25	LJ	LJ	TJ	SP	DISC	HJ	JAV	300H	
	9:50	200	200	200	200	100	100	100	JAV	
	10:15	DISC	SP	JAV	HJ	HJ	DISC	TJ	100	
	10:40	800	800	800	800	800	800	800	LJ	
	11:05									800
P2	8:45	WU	WU	1500W	1500W	1500W	1500W	1500W	1500W	
	9:00	HJ	TJ	SP	DISC	LJ	TJ	DISC	HJ	
	9:25	80H	80H	HJ	LJ	SP	JAV	LJ	DISC	
	9:50	TJ	HJ	80H	80H	80H	80H	90H	400	
	10:15	1500	1500	400	400	400	400	400	100H/90H	
	10:40	JAV	DISC							TJ
	11:05									
P3	8:45	WU	WU	1500	1500	1500	1500	1500	1500	
	9:00	1100W	1100W	LJ	TJ	100	100	100	100	
	9:25	200	200	200	200	JAV	SP	SP	HJ	
	9:50	HJ	TJ	JAV	SP	200	200	200	200	
	10:15	400	400	DISC	JAV	TJ	LJ	HJ	SP	
	10:40	SP	JAV							LJ
	11:05									
P4	8:45	WU	WU	WU	WU	WU	WU	WU	WU	
	9:00	TJ	LJ	100	HJ	200H	200H	200H	JAV	
	9:25	100	100	TJ	100	LJ	DISC	JAV	300H	
	9:50	HJ	HJ	JAV	TJ	200	200	200	DISC	
	10:15	800	800	800	800	JAV	HJ	LJ	200	
	10:40	DISC	DISC	HJ	JAV	800	800	800	TJ	
	11:05									800
P5	8:45	WU	WU	1500W	1500W	1500W	1500W	1500W	1500W	
	9:00	200	200	SP	LJ	DISC	JAV	TJ	HJ	
	9:25	80H	80H	400	400	400	400	400	DISC	
	9:50	LJ	HJ	80H	80H	80H	80H	90H	400	
	10:15	SP	SP	HJ	DISC	HJ	TJ	DISC	100H/90H	
	10:40	1500	1500							LJ
	11:05									
P6	8:45	WU	WU	WU	WU	WU	WU	WU	WU	
	9:00	1100W	1100W	100	100	100	100	100	JAV	
	9:25	TJ	100	LJ	JAV	SP	LJ	HJ	200	
	9:50	100	TJ	200	200	200	200	200	SP	
	10:15	JAV	400	DISC	HJ	TJ	SP	SP	100	
	10:40	400	JAV	1500	1500	1500	1500	1500	TJ	
	11:05									1500

JAV = Javelin (north-east corner of Northern/Throws Oval)

DISC/SP = Discus/Shot Put (use whichever relevant ring is free)

HJ = High Jump (U11-U17 use 2 LARGER mats)

LJ = Long Jump (U11 first use Southern Pits if free, U12-U17 use Northern Pits)

TJ = Triple Jump (Southern Oval, all groups U11-U17 use Northern Pits)