



Week 1 - Program - TT's to U17's

Event	TT	6	7	8	9	10	11	12	13	14	15	17
50m	X		X									
70m		X	X	X	X	X						
100m									X	X	X	X
200m												
400m				X	X	X	X	X	X	X	X	X
Pack		300m	500m									
800m					X							
1500m						X	X	X	X	X	X	X
3000m									X	X	X	X
Walk												
Straight Track Hurdles				X	X	X	X	X				
Circular Track Hurdles 200m									X	X		
Circular Track Hurdles 300m											X	X
Long Jump	X	X			X		X	X	X	X	X	X
High Jump						X	X	X				
Triple Jump												
Shot Put			X	X			X		X			
Discus					X	X		X		X	X	X
Javelin								X	X	X		
Other	(a)	(b)										
Total		4	4	4	6	6	6	7	8	8	7	7