

WEEK ONE

	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B
							700MWalk	700MWalk		
1	200M	200M	O/Race	O/Race	70M	70M	LJ	LJ	Pad 1 Disc	Pad 2 Disc
2	Pit 2 LJ	Pit 4 LJ	Pit 1 LJ	Pit 3 LJ	Pad 3 SP	Pad 2 SP	100M	100M	800/1500M	800/1500M
3	O/Race	O/Race	50M	50M	200M	200M	60mHurdles	60mHurdles	Pit 1 LJ	Pit 3 LJ
4	Pad 3 Disc	Pad 2 Disc	100M	100M	Pit 2 LJ	Pit 3 LJ	Pad 1 SP	Pad 3 SP	60mHurdles	60mHurdles
5	70M	70M	Pad 3 Disc	Pad 2 Disc	400M	400M	200M	200M	200M	200M
6										

	U11G	U11B	U12G	U12B	U13	U14	U15	U17 - U20	Open-Mast
								400H/1500m	400H/1500m
1	800/1500M	800/1500M	Pad 1 SP	Pad 2 SP					
2	Pad 1 Disc	Pad 2 Disc	800/1500M	800/1500M	1500M	1500M	1500M	100M	100M
3	100M	100M	HJ	HJ	Pit 4 LJ	Pad 2 SP	100M	Pad 1 Disc	Pit 2 LJ
4	Pit 1 LJ	Pit 4 LJ	Large Mats	Large Mats	Pad 1 SP	100M	Pit 3 LJ	400M	400M
5	200M	200M	200M	200M	100M	Pit 4 TJ	Pad 1 Disc	Pit 2 TJ	Pad 1 SP
6			100M	100M	200mH	200mH	300mH	300mH	300mH
7								JAV	JAV

WEEK TWO

	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B
									1100MWalk	1100MWalk
1	300M	300M	Pit 1 LJ	Pit 2 LJ	700M	700M	70M	70M	200M	200M
2	Pit 1 LJ	Pit 3 LJ	O/Race	O/Race	Pad 3 Disc	Pad 2 Disc	200M	200M	Pad 2 SP	Pad 1 SP
3	Pad 3 SP	Pad 3 SP	70M	70M	60MHurdles	60MHurdles	Pit 2 LJ	Pit 3 LJ	70M	70M
4	50M	50M	Pad 2 SP	Pad 3 SP	Pit 1 LJ	Pit 3 LJ	800M	800M	100M	100M
5	100M	100M	500M	500M	100M	100M	Pad 2 Disc	Pad 1 Disc	HJ	HJ
6									Scissor Mats	Scissor Mats

	U11G	U11B	U12G	U12B	U13	U14	U15	U17 - U/20	Open-Mast
	1100MWalk	1100MWalk			3000M	3000M	3000M	3000M	3000M
1	200M	200M	400M	400M					
2	JAV	JAV	Pit 2 TJ	Pit 4 TJ	200M	200M	200M	400M	400M
3	100M	100M	100M	100M	Pad 2 Disc	Pad 1 Disc	Pad 2 SP	Pad 1 SP	Pit 1 TJ
4	400M	400M	Pad 1 Disc	Pad 2 Disc	100M	100M	100M	100M	100M
5	HJ	HJ	200M	200M	JAV	JAV	JAV	Pit 1 LJ	Pad 1 Disc
6	Small Mats	Small Mats			80H	80/90H	90/100H	100/110MH	80-110H
								HJ	HJ
7								Large Mats	Large Mats

WEEK THREE

	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B
1	Pit 1 LJ	Pit 3 LJ	Pad 3 SP	Pad 2 SP	O/Race	O/Race	100M	100M	70M	70M
2	50M	50M	200M	200M	Pad 2 SP	Pad 3 SP	Pad 1 Disc	Pad 2 Disc	Pit 2 LJ	Pit 4 LJ
3	Pad 3 Disc	Pad 2 Disc	70M	70M	200M	200M	70M	70M	100M	100M
4	200M	200M	Pit 1 LJ	Pit 3 LJ	100M	100M	400M	400M	Pad 1 Disc	Pad 2 Disc
5	70M	70M	50M	50M	Pit 1 LJ	Pit 2 LJ	HJ	HJ	400M	400M
6							Scissor Mats	Scissor Mats		

	U11G	U11B	U12G	U12B	U13	U14	U15	U17 - U20	Open-Mast
			1500MWalk	1500MWalk	1500MWalk	1500MWalk	1500MWalk	1500/3000W	1500/3000W
1	Pit 2 TJ	Pit 4 TJ	100M	100M					
2	100M	100M	Pit 1 LJ	Pit 3 LJ	200M	200M	200M	Pad 1 SP	200M
3	Pad 2 SP	Pad 3 SP	60MHurdles	60MHurdles	Pit 4 TJ	HJ	HJ	200M	Pit 1 LJ
4	60MHurdles	60MHurdles	400M	400M	800M	Large Mats	Large Mats	400M	400M
5	400M	400M	JAV	JAV	HJ	800M	800M	Pit 3 LJ	Pad 1 Disc
6					Large Mats	Pit 1 LJ	Pit 3 TJ	800M	800M
7					400M	400M	400M	JAV	JAV

WEEK FOUR

	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B
							700MWalk	700MWalk		
1	300M	300M	O/Race	O/Race	Pad 2 Disc	Pad3 Disc	Pad 2 SP	100M	Pad 1 SP	100M
2	Pit 2 LJ	Pit 3 LJ	70M	70M	700M	700M	100M	Pad 2 SP	100M	Pad 1 SP
3	Pad 3 SP	Pad 3 SP	Pit 1 LJ	Pit 2 LJ	60MHurdles	60Mhurdles	200M	200M	800/1500M	800/1500M
4	100M	100M	Pad 1 Disc	Pad 2 Disc	Pit 3 LJ	Pit 4 LJ	Pit 3 LJ	Pit 2 LJ	70M	70M
5	50M	50M	500M	500M	100M	100M	800M	800M	HJ	HJ
									Scissor Mats	Scissor Mats

	U11G	U11B	U12G	U12B	U13	U14	U15	U17-U20	Open-Mast
					3000M	3000M	3000M	3000M	3000M
1	Pad 1 Disc	100M	Pit 4 TJ	Pit 1 TJ					
2	100M	Pad 1 Disc	60MHurdles	60MHurdles	200M	200M	200M	200M	200M
3	800/1500M	800/1500M	800/1500M	800/1500M	Pad 1 Disc	Pad 2 Disc	Pad 2 SP	Pit 1 TJ	Pad 1 SP
4	60MHurdles	60MHurdles	Pad 1 Disc	Pad 2 Disc	100M	100M	100M	100M	100M
5	HJ	HJ	200M	200M	80MHurdles	80/90MHurd	90/100MH	100/110MH	Pit 3 TJ
6	Small Mats	Small Mats			JAV	JAV	JAV	Pad 1 Disc	80/100MH
7								HJ	HJ
								Large Mats	Large Mats

WEEK FIVE

	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B
									1100MWalk	1100MWalk
1	70M	70M	100M	100M	400M	400M	70M	70M	Pad 1 Disc	Pit 2 LJ
2	50M	50M	Pit 1 LJ	Pit 2 LJ	Pad 3 SP	Pit 3 LJ	Pad 2 SP	Pad 1 SP	400M	400M
3	Pit 1 LJ	Pit 2 LJ	Pad 3 SP	Pad 3 SP	200M	200M	400M	400M	Pit 3 LJ	Pad 2 Disc
4	O/Race	O/Race	200M	200M	Pit 1 LJ	Pad 1 SP	60MHurdles	60MHurdles	200M	200M
5	Pad 3 SP	Pad 2 SP	70M	70M	70M	70M	HJ	HJ	60MHurdles	60MHurdles
							Scissor Mats	Scissor Mats		

	U11G	U11B	U12G	U12B	U13	U14	U15	U17 - U20	Open-Mast
	1100MWalk	1100MWalk						400MH/1500M	400MH/1500M
1	400M	400M	400M	400M					
2	JAV	JAV	Pad 2 SP	Pad 1 SP	1500M	1500M	1500M	200M	200M
3	100M	100M	100M	100M	Pad 2 SP	Pad 1 SP	Pit 2 LJ	Pad 1 Disc	Pit 3 TJ
4	Pit 3 LJ	Pit 4 LJ	200M	200M	100M	100M	100M	800M	800M
5	200M	200M	HJ	HJ	Pit 1 LJ	Pit 2 TJ	Pad 1 Disc	Pit 3 TJ	Pad 1 SP
6			Large Mats	Large Mats	200H	200H	300H	100M	100M
7								300H	300H

WEEK SIX

	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B
1	O/Race	O/Race	200M	200m	O/Race	O/Race	200M	200M	100M	100M
2	Pit 3 LJ	Pit 4 LJ	Pit 1 LJ	Pit 2 LJ	200M	200M	Pad 1 Disc	Pad 2 Disc	70M	70M
3	Pad 3 Disc	Pad 3 Disc	100M	100M	Pad 1 Disc	Pad 2 Disc	100M	100M	Pit 1 LJ	Pit 4 LJ
4	50M	50M	Pad 3 Disc	Pad 2 Disc	70M	70M	Pit 1 LJ	Pit 3 LJ	400M	400M
5	100M	100M	50M	50M	100M	100M	400M	400M	Pad 1 SP	Pad 2 SP

	U11G	U11B	U12G	U12B	U13	U14	U15	U17 - U/20	Open-Mast
			1500MWalk	1500MWalk	1500MWalk	1500MWalk	1500MWalk	1500/3000W	1500/3000W
1	Pad 1 SP	Pad 2 SP	Pit 3 LJ	Pit 4 LJ					
2	200M	200M	100M	100M	200M	200M	200M	100M	100M
3	Pit 2 TJ	Pit 3 TJ	JAV	JAV	800M	HJ	HJ	Pad 1 SP	400M
4	400M	400M	60mHurdles	60mHurdles	Pit 2 TJ	Large Mats	Large Mats	200M	Pad 1 Disc
5	60mHurdles	60mHurdles	400M	400M	HJ	800M	800M	Pit 1 LJ	Pit 4 LJ
6					Large Mats	Pit 2 LJ	Pit 4 TJ	400M	200M
7					400M	400M	400m	JAV	JAV