

WEEK 1

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
				700MWalk						
1	200M	O/Race	70M	LJ	Pad 2 Disc	800M	Pad 2 SP			
2	Pit 4 LJ	Pit 3 LJ	Pad 2 SP	100M	800/1500M	Pad 2 Disc	800/1500M	1500M	1500M	1500M
3	O/Race	50M	200M	60mHurdles	Pit 3 LJ	100M	HJ	Pit 4 LJ	Pad 2 SP	100M
4	Pad 2 Disc	100M	Pit 3 LJ	Pad 3 SP	60mHurdles	Pit 4 LJ	Small Mats	Pad 1 SP	100M	Pit 3 LJ
5	70M	Pad 2 Disc	400M	200M	200M	200M	200M	100M	Pit 4 TJ	Pad 1 Disc
6							100M	200mH	200mH	300mH

	U17 - U20	Open-Mast
	400H/1500m	400H/1500m
1		
2	100M	100M
3	Pad 1 Disc	Pit 2 LJ
4	400M	400M
5	Pit 2 TJ	Pad 1 SP
6	300mH	300mH
7	JAV	JAV

WEEK 2

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
					1100MWalk	1100MWalk		3000M	3000M	3000M
1	300M	Pit 2 LJ	700M	70M	200M	200M	400M			
2	Pit 3 LJ	O/Race	Pad 2 Disc	200M	Pad 1 SP	JAV	Pit 4 TJ	200M	200M	200M
3	Pad 3 SP	70M	60MHurdles	Pit 3 LJ	70M	100M	100M	Pad 2 Disc	Pad 1 Disc	Pad 2 SP
4	50M	Pad 3 SP	Pit 3 LJ	800M	100M	400M	Pad 2 Disc	100M	100M	100M
5	100M	500M	100M	Pad 1 Disc	HJ	HJ	200M	JAV	JAV	JAV
6					Scissor Mats	Small Mats		80H	80/90H	90/100H

	U17 - U/20	Open-Mast
	3000M	3000M
1		
2	400M	400M
3	Pad 1 SP	Pit 1 TJ
4	100M	100M
5	Pit 1 LJ	Pad 1 Disc
6	100/110MH	80-110H
	HJ	HJ
7	Large Mats	Large Mats

Amended August 2019

WEEK 3

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
							1500MWalk	1500MWalk	1500MWalk	1500MWalk
1	Pit 3 LJ	Pad 2 SP	O/Race	100M	70M	Pit 4 TJ	100M			
2	50M	200M	Pad 3 SP	Pad 2 Disc	Pit 4 LJ	100M	Pit 3 LJ	200M	200M	200M
3	Pad 2 Disc	70M	200M	70M	100M	Pad 3 SP	80MHurdles	Pit 4 TJ	HJ	HJ
4	200M	Pit 3 LJ	100M	400M	Pad 2 Disc	80MHurdles	400M	800M	Large Mats	Large Mats
5	70M	50M	Pit 2 LJ	HJ	400M	400M	JAV	HJ	800M	800M
6				Scissor Mats				Large Mats	Pit 1 LJ	Pit 3 TJ
7								400M	400M	400M

	U17 - U20	Open-Mast
	1500/3000W	1500/3000W
1		
2	Pad 1 SP	200M
3	200M	Pit 1 LJ
4	400M	400M
5	Pit 3 LJ	Pad 1 Disc
6	800M	800M
7	JAV	JAV

WEEK 4

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
				700MWalk				3000M	3000M	3000M
1	300M	O/Race	Pad3 Disc	100M	100M	100M	100M			
2	Pit 3 LJ	70M	700M	Pad 2 SP	Pad 1 SP	Pad 1 Disc	TJ Pit 1	200M	200M	200M
3	Pad 3 SP	Pit 2 LJ	60Mhurdles	200M	800M	200M	200M	Pad 1 Disc	Pad 2 Disc	Pad 2 SP
4	100M	Pad 2 Disc	Pit 4 LJ	Pit 2 LJ	70M	HJ	Pad 2 Disc	100M	100M	100M
5	50M	500M	100M	800M	HJ	Small Mats	800/1500M	80MHurdles	80/90MHurd	90/100MH
					Scissor Mats	800/1500M		JAV	JAV	JAV

	U17-U20	Open-Mast
	3000M	3000M
1		
2	200M	200M
3	Pit 1 TJ	Pad 1 SP
4	100M	100M
5	100/110MH	Pit 3 TJ
6	Pad 1 Disc	80/100MH
7	HJ	HJ
	Large Mats	Large Mats

WEEK 5

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
					1100MWalk	1100MWalk				
1	70M	100M	400M	70M	Pit 2 LJ	400M	400M			
2	50M	Pit 2 LJ	Pit 3 LJ	Pad 1 SP	400M	JAV	Pad 1 SP	1500M	1500M	1500M
3	Pit 2 LJ	Pad 3 SP	200M	400M	Pad 2 Disc	100M	100M	Pad 2 SP	Pad 1 SP	Pit 2 LJ
4	O/Race	200M	Pad 1 SP	60MHurdles	200M	Pit 4 LJ	200M	100M	100M	100M
5	Pad 2 SP	70M	70M	HJ	60MHurdles	200M	HJ	Pit 1 LJ	Pit 2 TJ	Pad 1 Disc
				Scissor Mats			Small Mats	200H	200H	300H

	U17 - U20	Open-Mast
	400MH/1500M	400MH/1500M
1		
2	200M	200M
3	Pad 1 Disc	Pit 3 TJ
4	800M	800M
5	Pit 3 TJ	Pad 1 SP
6	100M	100M
7	300H	300H

WEEK 6

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
							1500MWalk	1500MWalk	1500MWalk	1500MWalk
1	O/Race	200m	O/Race	200M	100M	Pad 2 SP	Pit 4 LJ			
2	Pit 4 LJ	Pit 2 LJ	200M	Pad 2 Disc	70M	200M	100M	200M	200M	200M
3	Pad 3 Disc	100M	Pad 2 Disc	100M	Pit 4 LJ	Pit 3 TJ	JAV	800M	HJ	HJ
4	50M	Pad 2 Disc	70M	Pit 3 LJ	400M	400M	80mHurdles	Pit 2 TJ	Large Mats	Large Mats
5	100M	50M	100M	400M	Pad 2 SP	80mHurdles	400M	HJ	800M	800M
6								Large Mats	Pit 2 LJ	Pit 4 TJ
7								400M	400M	400m

	U17 - U/20	Open-Mast
	1500/3000W	1500/3000W
1		
2	100M	100M
3	Pad 1 SP	400M
4	200M	Pad 1 Disc
5	Pit 1 LJ	Pit 4 LJ
6	400M	200M
7	JAV	JAV