

WEEK 1

	6	7	8	9	10	11	12	13-15	16 - 17
				700MWalk					
1	200M	O/Race	70M	100M	Pad 2 Disc	800/1500M	Pad 2 SP		
2	Pit 4 LJ	Pit 3 LJ	Pad 3 SP	60mHurdles	800M	Pad 2 Disc	800/1500M	1500M	1500M
3	O/Race	50M	200M	Pad 3 SP	Pit 3 LJ	100M	HJ	Pit 4 LJ	100M
4	Pad 3 Disc	100M	Pit 3 LJ	200M	60mHurdles	Pit 4 LJ	Small Mats	Pad 1 SP	Pit 3 LJ
5	70M	Pad 3 Disc	400M	HJ	200M	200M	200M	100M	Pad 1 Disc
6				Small Mat			100M	200mH/300 mH	400mH

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

Amended September 2025