

WEEK 2

	6	7	8	9	10	11	12	13	14 - 15	16 - 17
					1100MWalk	1100MWalk		3000M	3000M	3000M
1	300M	Pit 2 LJ	700M	70M	200M	200M	400M			
2	Pit 3 LJ	O/Race	Pad 3 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	Scissor Mats		80/90H	90/100H	100/110H

	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 September 2025