

WEEK 4

	6	7	8	9	10	11	12	13	14 - 15	16 - 17
				700MWalk				3000M	3000M	3000M
1	300M	O/Race	Pad 3 Disc	100M	100M	100M	Pit 1 100M			
2	Pit 3 LJ	70M	700M	Pad 3 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 3 Disc	Pit 4 LJ	Pit 2 LJ	70M	HJ	Pad 2 Disc	100M	100M	100M
5	50M	500M	100M	800M	HJ	Large Mats	800/1500M	80/90MH	90/100MH	100/110MH
					Scissor Mats	800/1500M		JAV	JAV	JAV

	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

Amended September 2025