

# Competition Weekly Program

AGE GROUP	Prog 1	Prog 2A/2B		Prog 3	Prog 4	Prog 5	Xmas
<b>U6</b> Play training in two events weekly	L J 100m Disc 70m S P *	60mH 50m Disc 80m * S P		L J 100m Disc 70m 80m	70m S P 50m L J Disc	80m L J 100m S P 60mH	L J 70m 100m
<b>U7</b>	S P 100m 70m L J Disc *	60mH S P 200m 80m * Disc		Disc 100m 70m L J 80m	70m Disc 200m L J S P	80m S P 100m L J 60mH	Disc 70m 100m
<b>U8</b>	100m Disc * 200m 70m L J	60mH L J 80m * S P Disc		100m S P 200m 70m L J	L J 70m Disc 100m S P	S P 80m Disc 60mH 500m	70m S P 200m
<b>U9</b>	H J 100m S P 200m 700mW *	60mH Disc * 100m 800m L J		S P 70m 200m H J 700mW	Disc 70m S P 800m L J	H J 60mH L J 400m Disc	S P 70m 200m
<b>U10</b>	Disc L J 200m 70m 1100mW *	60mH 100m S P * 800m H J	60mH 100m 400m H J S P	100m L J 70m Disc 1100mW	H J 200m 800m S P L J	Disc 60mH S P 400m H J	70m 100m L J
<b>U11</b>	800m H J 100m Disc L J *	S P 80mH 200m L J 1100mW*	S P 80mH 200m L J 1500m	800m Jav T J 400m H J	S P 200m T J 100m 1500m	Jav 80mH Disc 400m 1100mW	800m L J 100m
<b>U12</b>	100m 800m H J * S P T J	Disc 80m Hdl 200m L J 1500mW*	Disc 80m Hdl 200m L J 1500m	Jav 800m H J 400m S P	L J 200m Disc 100m 1500m	T J 80mH Jav 400m 1500mW	800m Disc 100m
<b>U13</b>	L J 800m * S P 200m 80mH	H J Jav T J * 400m 1500m	H J Jav T J 400m 1500mW	L J 800m S P 100m Disc	200mH Jav 400m H J 1500mW	1500m 100m T J 200m Disc	800m 100m Disc
<b>U14</b>	800m * Jav 200m H J 80/90mH	L J Disc 400m S P * 1500m	L J Disc 400m S P 1500mW	800m H J 100m T J S P	200mH T J 400m Disc 1500mW	1500m 100m Jav 200m L J	800m 100m S P
<b>U15/ 16/17</b>	800m * S P 200m L J 90-110mH	Jav T J * 400m H J 1500m	Jav T J H J 400m 1500mW	800m Disc 100m S P L J	300mH H J 400m Jav 1500mW	1500m 100m Disc 200m T J	800m 100m S P

All 400m events are laned

All 800m events are laned starts

Manual to electronic conversion: Under 200m - add 0.24 secs

200m to 400m - add 0.14 secs

\* Denotes events not programmed on 11<sup>th</sup> & 18<sup>th</sup> September

Over 400 – 0