

Week 1

	1	2	3	4	5	6
U6 B	Dis (1)	50 m	70 m	300 m		
U6 G	300 m	50 m	70 m	Dis (2)		
U7 B	70 m	50 m	500 m	Dis (1)		
U7 G	70 m	Dis (1)	50 m	500 m		
U8 B	70 m	HJ (3)	700 m	SP (2)		
U8 G	SP (2)	70 m	700 m	HJ (1)		
U9 B	400 m	SP (1)	100 m	HJ (2)	700 W	
U9 G	100 m	HJ (2)	400	SP (1)	700 W	
U10 M	LJ (2)	400 m	SP (1)	100 m	1100W	
U11 B	Jav	200 m	HJ (1)	200 m	LJ (1)	
U11 G	HJ (1)	200 m	Jav	100 m	LJ (2)	800 m
U12	SP (1)	100 m	200 m	Jav	TJ (Gurrs)	800 m
U13	TJ (Gurrs)	100 m	Dis (1)	200 m	Jav	800 m
U14+	100 m	Jav	TJ (Gurrs)	200 m	Dis (1)	800 m

Week 2

	1	2	3	4	5	6	7
U6 B	60 Hur	200 m	LJ (1)	SP (2)	100 m		
U6 G	60 Hur	SP (2)	200m	LJ (1)	100m		
U7 B	LJ (1)	60 Hur	SP (2)	100 m	200		
U7 G	SP (2)	60 Hur	LJ (2)	200 m	100 m		
U8 B	100 m	60 Hur	Dis (1)	LJ (2)	200 m		
U8 G	Dis (2)	60 Hur	100 m	200 m	LJ (1)		
U9 B	70 m	LJ (1)	60 Hur	200 m	Dis (2)	800 m	
U9 G	200	70 m	60 Hur	Dis (1)	LJ (2)	800 m	
U10 M	70 m	HJ (2)	60 Hur	200 m	Dis (1)	800 m	
U11 B	TJ (Gurrs)	Dis (2)	SP (1)	80 Hur	400 m	1500 m	1100 m Walk
U11 G	Dis (1)	400	TJ (Gurrs)	80 Hur	SP (1)	1500 m	1100 m Walk
U12M	400 m	Dis (1)	80 m Hur	LJ (Gurrs)	HJ (1)	1500 m	1500 m Walk
U13	HJ (1)	SP (1)	400 m	80 Hur	LJ Gurrs	1500 m	1500 Walk
U14+	LJ (2)	400 m	HJ (1)	SP (1)	Hur	1500 m	1500 Walk

M = mixed boys and girls

HJ(1) = high mats

HJ(2) and (3) = low mats