



# Competition Program 2022 - 2023

WEEK1						
UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11+	
8 Oct	DISCUS	70M	800M	800M	800M	
	70M	LONG JUMP	SHOT PUT	HIGH JUMP	JAVELIN	
	ON TRACK	100M	100M	100M	100M	
	100M	SHOT PUT	HIGH JUMP	DISCUS	HIGH JUMP	
	LONG JUMP	200M	200M	200M	200M	
					DISCUS	
WEEK 2						
UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11+	
15 Oct	50M	HIGH JUMP	DISCUS	LONG JUMP	1500	
	SHOT PUT	50M	70M	70M	JAVELIN	
	VORTEX	DISCUS	VORTEX	SHOT PUT	70M	
	300M	700M	400M	400M	TRIPLE JUMP	
	ON TRACK	VORTEX	LONG JUMP	TURBO	400M	
					SHOT PUT	
WEEK 3						
UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11+	
22 Oct	ON TRACK	60MH	60MH	60MH	80MH	
	60MH	SHOT PUT	HIGH JUMP	DISCUS	DISCUS	
	DISCUS	100M	100M	100M	400m	
	100M	LONG JUMP	SHOT PUT	HIGH JUMP	100M	
	ON TRACK	200M	800M	800M	HIGH JUMP	
					800M	
WEEK4						
UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11+	
5 Nov	VORTEX	HIGH JUMP	70M	WALK TRAINING	WALK TRAINING	
	500M	70M	DISCUS	100M	HIGH JUMP	
	ON TRACK	DISCUS	400M	SHOT PUT	100M	
	70M	700M	VORTEX	400M	LONG JUMP	
	DISCUS	VORTEX	100M	LONG JUMP	400M	
					SHOT PUT	
WEEK 5						
UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11+	
12 Nov	50M	50M	HIGH JUMP	60MH	80MH	
	SHOT PUT	LONG JUMP	60MH	TURBO	JAVELIN	
	60MH	60MH	400M	400M	200M	
	VORTEX	SHOT PUT	SHOT PUT	HIGH JUMP	HIGH JUMP	
	100M	100M	800M	800M	800M	
					LONG JUMP	
WEEK 6						
UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11+	
19 Nov	60MH	LONG JUMP	DISCUS	SHOT PUT	1500M	
	DISCUS	200M	200M	70M	TRIPLE JUMP	
	70M	VORTEX	LONG JUMP	DISCUS	200M	
	SHOT PUT	70M	70M	200M	SHOT PUT	
	50M	SHOT PUT	VORTEX	LONG JUMP	DISCUS	
WEEK 7						
UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11+	
26 Nov	VORTEX	HIGH JUMP	SHOT PUT	60MH	80MH	
	500M	60MH	60MH	TURBO	DISCUS	
	LONG JUMP	700M	400M	HIGH JUMP	HIGH JUMP	
	100M	DISCUS	HIGH JUMP	100M	400M	
	SHOT PUT	100M	100M	400M	LONG JUMP	



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		WEEK 8					
10 Dec	<b>UNDER 6</b>	<b>UNDER 7</b>	<b>UNDER 8</b>	<b>UNDER 9</b>	<b>UNDER 10</b>	<b>UNDER 11+</b>	
	60MH	60MH	VORTEX	800M	800M	800M	
	LONG JUMP	DISCUS	70M	VORTEX	SHOT PUT	JAVELIN	
	70M	70M	LONG JUMP	200M	200M	70M	
	SHOT PUT	LONG JUMP	200M	DISCUS	DISCUS	LONG JUMP	
	100M	100M	SHOT PUT	LONG JUMP	70M	SHOT PUT	
		WEEK 9					
17 Dec	<b>UNDER 6</b>	<b>UNDER 7</b>	<b>UNDER 8</b>	<b>UNDER 9</b>	<b>UNDER 10</b>	<b>UNDER 11+</b>	
	300M	200M	DISCUS	SHOT PUT	60MH	80MH	
	DISCUS	VORTEX	60MH	60MH	LONG JUMP	TRIPLE JUMP	
	100M	100M	100M	400M	400M	400M	
	VORTEX	SHOT PUT	SHOT PUT	LONG JUMP	TURBO	DISCUS	
	50M	50M	50M	100M	100M	100M	
		WEEK 10					
28 Jan	<b>UNDER 6</b>	<b>UNDER 7</b>	<b>UNDER 8</b>	<b>UNDER 9</b>	<b>UNDER 10</b>	<b>UNDER 11+</b>	
	VORTEX	LONG JUMP	SHOT PUT	HIGH JUMP	DISCUS	1500M	
	70M	200M	200M	70M	70M	JAVELIN	
	SHOT PUT	DISCUS	HIGH JUMP	VORTEX	HIGH JUMP	HIGH JUMP	
	50M	50M	70M	200M	200M	200M	
	LONG JUMP	VORTEX	VORTEX	DISCUS	SHOT PUT	70M	
		WEEK 11					
11 Feb	<b>UNDER 6</b>	<b>UNDER 7</b>	<b>UNDER 8</b>	<b>UNDER 9</b>	<b>UNDER 10</b>	<b>UNDER 11+</b>	
	60MH	60MH	LONG JUMP	800M	800M	800M	
	SHOT PUT	LONG JUMP	70M	DISCUS	LONG JUMP	100M	
	70M	70M	700M	200M	200M	LONG JUMP	
	300M	500M	DISCUS	LONG JUMP	TURBO	200M	
	DISCUS	SHOT PUT	200M	70M	70M	SHOT PUT	
		WEEK 12					
25 Feb	<b>UNDER 6</b>	<b>UNDER 7</b>	<b>UNDER 8</b>	<b>UNDER 9</b>	<b>UNDER 10</b>	<b>UNDER 11+</b>	
	VORTEX	200M	60MH	60MH	60MH	80MH	
	100M	LONG JUMP	VORTEX	HIGH JUMP	SHOT PUT	400M	
	SHOT PUT	50M	50M	400M	400M	DISCUS	
	50M	DISCUS	HIGH JUMP	VORTEX	HIGH JUMP	HIGH JUMP	
	LONG JUMP	100M	100M	100M	100M	100M	
		WEEK 13					
4 Mar	<b>UNDER 6</b>	<b>UNDER 7</b>	<b>UNDER 8</b>	<b>UNDER 9</b>	<b>UNDER 10</b>	<b>UNDER 11+</b>	
	100M	100M	700M	LONG JUMP	DISCUS	1500M	
	VORTEX	DISCUS	100M	800M	800M	TRIPLE JUMP	
	300M	500M	DISCUS	DISCUS	LONG JUMP	100M	
	DISCUS	VORTEX	50M	100M	100M	SHOT PUT	
	50M	LONG JUMP	SHOT PUT	TURBO	200M		
		WEEK 14					
18 Mar	<b>UNDER 6</b>	<b>UNDER 7</b>	<b>UNDER 8</b>	<b>UNDER 9</b>	<b>UNDER 10</b>	<b>UNDER 11+</b>	
	TBA	TBA	TBA	TBA	TBA	TBA	
25 Mar	<b>Club Championship Day</b>						
	Athletes can enter 4 events of their choosing						