



Gawler Little Athletics Centre - 2017/2018 Weekly Program

PROGRAMME 1									
TT	U6	U7	U8	U9	U10	U11	U12	U13-U14	U15-U17
SKILL	50M	50M	DISCUS	200M	HIGH JUMP	800M	800M	HIGH JUMP	HIGH JUMP
LONG JUMP	LONG JUMP	DISCUS	200M	SHOT PUT	70M	SHOT PUT	SHOT PUT	TRIPLE JUMP	TRIPLE JUMP
70M	200M	100M	HIGH JUMP	100M	LONG JUMP	100M	100M	100M	100M
50M	SHOT PUT	SHOT PUT	50M	DISCUS	400M	HIGH JUMP	HIGH JUMP	DISCUS	DISCUS
		500M	LONG JUMP	HIGH JUMP	DISCUS	200M	200M	800M	800M

PROGRAMME 2									
TT	U6	U7	U8	U9	U10	U11	U12	U13-U14	U15-17
SKILL	SHOT PUT	70M	100M	WALK	WALK	WALK	WALK	WALK	WALK
LONG JUMP	70M	LONG JUMP	SHOT PUT	400M	LONG JUMP	DISCUS	DISCUS	LONG JUMP	LONG JUMP
70M	DISCUS	500M	70M	LONG JUMP	200M	400M	400M	400M	400M
50M	100M	DISCUS	LONG JUMP	70M	SHOT PUT	TRIPLE JUMP	TRIPLE JUMP	SHOT PUT	SHOT PUT
					100M	100M	100M	100M	100M

PROGRAMME 3									
TT	U6	U7	U8	U9	U10	U11	U12	U13-14	U15-U17
SKILL	LONG JUMP	LONG JUMP	SHOT PUT	800M	800M	JAVELIN	JAVELIN	JAVELIN	JAVELIN
LONG JUMP	300M	HURDLES	700M	DISCUS	SHOT PUT	HURDLES	HURDLES	HURDLES	HURDLES
70M	HURDLES	SHOT PUT	HURDLES	LONG JUMP	HURDLES	200M	200M	200M	200M
50M	DISCUS	200M	DISCUS	HURDLES	DISCUS	LONG JUMP	LONG JUMP	DISCUS	DISCUS
				SHOT PUT	100M	1500M	1500M	1500M	1500M