

WEEKLY PROGRAM

PROGRAM A								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
100	200	600c	400	800	800	800	800	Varied. (athletes select events in advance)
200c	400c	60H	60H	60H	80H	80H	80H	
70	70	70	70	70	70	70	70	
Long jump	Long Jump	Scissor	Long Jump	Long Jump	High Jump	Triple jump	High Jump	
Mini Discus	Mini Discus	Mini Discus	Vortex	Shotput	Shotput	Discus	Discus	

PROGRAM B								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
300c	60H	400c	800	400	400	400	400	Varied. (athletes select events in advance)
100	100	100	100	100	100	100	100	
60H	70	70	70	1100w	1100w	1500w	1500w	
L. Jump	L. Jump	L. Jump	Scissor	Scissor	L. Jump	L. Jump	Shotput	
Shotput	Vortex	Vortex	Discus	Discus	Javelin	Javelin	Triple Jump	

PROGRAM C								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
100	100	700w	700w	400	1500 Run	1500 run	1500 run	Varied. (athletes select events in advance)
200 circ	200	200	200	200	200	200	200	
60H	60H	100	100	100	100	100	100	
L. Jump	L. Jump	L. Jump	L. Jump	L. Jump	Discus	High Jump	Javelin	
Vortex	Shotput	Shotput	Shotput	Vortex	Triple Jump	Shotput	L. Jump	

WEEKLY PROGRAM - TWILIGHTS

Twilight 1								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
Shotput	Mini Discus	L Jump	L Jump	Vortex	80mH	80mH	80mH	Varied. (athletes select events in advance)
70m	70m	60mh	60mh	L Jump	T Jump	T Jump	Discus	
Mini Discus	L Jump	Mini Discus	Shotput	L. Jump	400	400	400	
200c	200	200	400	400	Javelin	Discus	High Jump	

Twilight 2								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
70	70	70	Discus	Shotput	Discus	70	70	Varied. (athletes select events in advance)
L Jump	Vortex	L Jump	70	70	70	Shotput	L Jump	
60mh	60mh	400c	scissor	L Jump	L Jump	800c	800c	
Shotput	L Jump	Vortex	800c	800c	800c	L Jump	Javelin	

Twilight 3								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
L Jump	Shot Put	60m Hurdles	60m Hurdles	60m Hurdles	80m hurdles	High Jump	shotput	Varied. (athletes select events in advance)
100	100	100	L Jump	Discus	Shotput	100	100	
Vortex	L Jump	Shot Put	200	200	200	javelin	T Jump	
300c	200	200	Vortex	L Jump	L Jump	200	200	

Twilight 4								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
L Jump	Shot Put	Long Jump	700w	1100w	1100w	T Jump	L Jump	Varied. (athletes select events in advance)
100	100	100	L Jump	Vortex	Discus	100	100	
Discus	L Jump	Shot Put	100	100	100	Discus	Javelin	
300c	400c	200	Discus	Scissor	High Jump	1500w	1500w	

Twilight 5								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
L Jump	Mini Discus	Mini Discus	400	400	1500	1500	1500	Varied. (athletes select events in advance)
100	70	70	Vortex	Shotput	Shotput	Shotput	70	
70	Long Jump	scissor	70	70	70	70	Discus	
Vortex	400c	400c	Shotput	L Jump	T Jump	L Jump	T Jump	