

**4 Weekly PROGRAM of Events 2020-21 for Maroochy Little Athletics - June 2020**

Week No	Tiny Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14 - 17
Week 1	"TT" PROGRAM	Yellow hurdles (30)	Yellow hurdles (30)	60m Hurdles (45)	60m Hurdles (45)	Long Jump Pit 2	Triple Jump Pit 1	Javelin	Shot	High Jump (Flop)
		Long Jump Pit 2	Discus	High Jump (Sc)	Shot	60m Hurdles (60)	<b>80mHurdles (60)</b>	Long Jump Pit 1	100m	100m
	with Activity (track)	Discus - Jnr	Long Jump Pit 2	100m	100m	100m	Shot	100m	Discus	Javelin
		100m	100m	Long Jump Pit 2	High Jump (Sc)	Shot	100m	400m	Triple Jump Pit 1	Discus
		Skills Activity	Skills Activity	Discus	700mWalk	1100mWalk	1100mWalk	Shot	400m or 1500mW	400m or 1500mW
										Option with HJ is TJ (U11)
Week 2	Tiny Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14 - 17
	"TT" PROGRAM	70m	70m	Long Jump Pit 2	70m	70m	Discus	80mHurdles (68)	Javelin	Long Jump Pit 1
		Long Jump Pit 2	Shot	70m	Discus	High Jump (Sc)	200m	200m	<b>80mH (76) U13&amp;U14G</b>	<b>90,100 &amp; 110m H (76)</b>
	with Activity (Jump)	200m	200m	200m	200m	200m	Long Jump Pit 1	Discus	200m	200m
		Shot - Jnr Pad	300m Walk	300m Walk	Long Jump Pit 2	Discus	Javelin	High Jump (Flop)	Long Jump Pit 1	Shot
	Skills Activity	Skills Activity	Shot	400m	400m	1500m	1500m	1500m	1500m	1500m
							Option with HJ is Shot	Option Hurdles - 100m	Option Hurdles - 100m	
Week 3	Tiny Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14 - 17
	"TT" PROGRAM	Discus	Discus	60m Hurdles (45)	60m Hurdles (45)	Shot	400m	400m	High Jump (Flop)	400m
		Yellow hurdles (30)	Yellow hurdles (30)	High Jump (Sc)	High Jump (Sc)	60m Hurdles (60)	<b>80m Hurdles (60)</b>	Javelin	400m	Triple Jump Pit 1
	with Activity (throw)	Long Jump Pit 2	Long Jump Pit 2	Discus	100m	100m	100m	100m	Shot	100m
		100m	100m	100m	Shot	Long Jump Pit 2	Discus	Long Jump Pit 1	100m	Javelin
	Skills Activity	Skills Activity	Shot - Jnr Pad	700mWalk	Discus	Long Jump Pit 1	1500mWalk	1500mWalk	1500mWalk	
									Option with HJ - Disc	
Week 4	Tiny Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14 - 17
	"TT" PROGRAM	Shot - Jnr Pad	High Jump (Skills)	Long Jump Pit 2	200m	Discus	High Jump (Flop)	Shot	<b>200H - (5x68)</b>	<b>200H-U14 / 300H-U15-17</b>
		Long Jump Pit 2	Shot - Jnr Pad	Shot	Discus	200m	200m	200m	Javelin	Long Jump Pit 1
	mini Comp	200m	200m	200m	Long Jump Pit 2	High Jump (Sc)	Javelin	Triple Jump Pit 1	Discus	Shot
		70m	70m	70m	70m	Shot	800m	Discus	800m	800m
	Skills Activity	Skills Activity	Discus - Jnr Pad	800m	800m	Shot	800m	Long Jump Pit 1	Discus	