

4 Weekly PROGRAM of Events for Maroochy Little Athletics - 2020-21 season updated 24 January 2021

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