

**CLUB CHAMPS PROGRAMME
3RD MARCH 2019**

TIME	10.20am	10.30am	10.55am	11.20am	11.45am to 12.30pm	12.30pm	12.55pm	1.20pm	1.45pm to 2pm
BOYS 7	Warm ups	SHOT PUT (j)	SPRINTS - 100m	HIGH JUMP (J)	LUNCH	DISCUS (j)	SPRINTS - 200m	LONG JUMP (j)	
BOYS 8	Warm ups	SPRINTS - 100m	HIGH JUMP (J)	SHOT PUT (j)	BREAK	SPRINTS - 200m	LONG JUMP (j)	DISCUS (j)	LOLLY
BOYS 9	Warm ups	HIGH JUMP (J)	SHOT PUT (j)	SPRINTS - 100m	BREAK	LONG JUMP (j)	DISCUS (j)	SPRINTS - 200m	SCRAMBLE
BOYS 10	Warm ups	SPRINTS - 100m	SHOT PUT (s)	HIGH JUMP (s)	AND	DISCUS (s)	LONG JUMP (s)	SPRINTS - 200m	FOR
BOYS 11	Warm ups	HIGH JUMP (s)	SPRINTS - 100m	SHOT PUT (s)		LONG JUMP (s)	SPRINTS - 200m	DISCUS (s)	ALL
BOYS 12 - 14	Warm ups	SHOT PUT (s)	HIGH JUMP (s)	SPRINTS - 100m		SPRINTS - 200m	DISCUS (s)	LONG JUMP (s)	
MINIS	Warm ups	LONG JUMP (j)	DISCUS (j)	SPRINTS - 100m	PARENTS	HIGH JUMP (J)	SHOT PUT (j)	SPRINTS - 200m	LOLLY
GIRLS 7-8	Warm ups	SPRINTS - 100m	LONG JUMP (j)	DISCUS (j)	RACES	SPRINTS - 200m	HIGH JUMP (J)	SHOT PUT (j)	SCRAMBLE
GIRLS 9	Warm ups	DISCUS (j)	SPRINTS - 100m	LONG JUMP (j)		SHOT PUT (j)	SPRINTS - 200m	HIGH JUMP (J)	
GIRLS 10	Warm ups	SPRINTS - 100m	LONG JUMP (s)	DISCUS (s)		HIGH JUMP (s)	SHOT PUT (s)	SPRINTS - 200m	FOR
GIRLS 11	Warm ups	LONG JUMP (s)	DISCUS (s)	SPRINTS - 100m		SPRINTS - 200m	HIGH JUMP (s)	SHOT PUT (s)	ALL
GIRLS 12-14	Warm ups	DISCUS (s)	SPRINTS - 100m	LONG JUMP (s)		SHOT PUT (s)	SPRINTS - 200m	HIGH JUMP (s)	