

WEEK 1, WEEK 6, WEEK 11, WEEK 16						WEEK 2, WEEK 7, WEEK 12, WEEK 17					
3-4yrs	80m	VORTEX	DISCUS	100m	L/JUMP	3-4yrs	HURDLES	DISCUS	L/JUMP	S/PUT	100m
5yrs	DISCUS	80m	VORTEX	L/JUMP	100m	5yrs	HURDLES	L/JUMP	S/PUT	DISCUS	100m
6yrs	80m	BULLNOSE	DISCUS	100m	L/JUMP	6yrs	HURDLES	S/PUT	L/JUMP	DISCUS	100m
7yrs	80m	L/JUMP	100m	BULLNOSE	DISCUS	7yrs	HURDLES	L/JUMP	DISCUS	S/PUT	100m
8yrs	80m	L/JUMP	60m	DISCUS	100m	8yrs	HURDLES	S/PUT	200m	BULLNOSE	80m
9yrs	80m	L/JUMP	60m	DISCUS	100m	9yrs	HURDLES	S/PUT	200m	MINI JAV	80m
10yrs	80m	S/PUT	200m	DISCUS	800m	10yrs	HURDLES	MINI JAV	200m	L/JUMP	400m
11yrs	80m	DISCUS	200m	S/PUT	800m	11yrs	HURDLES	JAVELIN	200m	T/JUMP	400m
12-13yrs	DISCUS	200m	S/PUT	60m	T/JUMP	12-13yrs	L/JUMP	HURDLES	80m	JAVELIN	400m
14-15yrs	S/PUT (Cage)	200m	T/JUMP	DISCUS (Cage)	60m	14-15yrs	L/JUMP	HURDLES	200m	DISCUS (Cage)	400m
16+ yrs	60m	S/PUT (Cage)	200m	T/JUMP	DISCUS (Cage)	16+ yrs	JAV	HURDLES	200m	L/JUMP	400m

WEEK 3, WEEK 8, WEEK 13, WEEK 18						WEEK 4, WEEK 9, WEEK 14 (INTERCLUB), WEEK 19					
3-4yrs	60m	S/PUT	80m	VORTEX	100m	3-4yrs	VORTEX	80m	S/PUT	100m	DISCUS
5yrs	60m	VORTEX	80m	S/PUT	100m	5yrs	Discus	80m	VORTEX	100m	S/PUT
6yrs	60m	BULLNOSE	80m	S/PUT	100m	6yrs	S/PUT	80m	DISCUS	100m	BULLNOSE
7yrs	200m	S/PUT	80m	BULLNOSE	L/JUMP	7yrs	60m	DISCUS	80m	L/JUMP	100m
8yrs	100m	L/JUMP	DISCUS	H/JUMP (Scissor)	800m	8yrs	S/PUT	60m	BULLNOSE	200m	L/JUMP
9yrs	100m	L/JUMP	DISCUS	H/JUMP (Scissor)	800m	9yrs	S/PUT	60m	MINI JAV	200m	L/JUMP
10yrs	100m	H/JUMP (Scissor)	60m	DISCUS	1500m	10yrs	60m	L/JUMP	400m	DISCUS	S/PUT
11yrs	100m	T/JUMP	60m	L/JUMP	1500m	11yrs	400m	DISCUS	H/JUMP (Flop)	S/PUT	80m
12-13yrs	800m	DISCUS	100m	L/JUMP	1500mW / H/JUMP (Flop)	12-13yrs	DISCUS	200m	L/JUMP	S/PUT	80m
14-15yrs	JAVELIN	800m	S/PUT (Cage)	1500mW / H/Jump (Flop)	100m	14-15yrs	S/PUT (Cage)	400m	DISCUS (Cage)	L/JUMP	80m
16+ yrs	800m	S/PUT (Cage)	80m	DISCUS (Cage)	100m	16+ yrs	400m	DISCUS (Cage)	L/JUMP	S/PUT (Cage)	1500mW / H/Jump (Flop)

WEEK 5 (INTERCLUB), WEEK 10, WEEK 15(INTERCLUB), WEEK 20 (INTERCLUB)						Ages are as at 31.12.2017					
3-4yrs	L/JUMP	80m	S/PUT	60m	DISCUS	Week 1 (5 March)			Week 11 (28 May)		
5yrs	L/Jump	80m	DISCUS	60m	S/Put	Week 2 (12 March)			Week 12 (11 June)		
6yrs	S/PUT	80m	DISCUS	60m	L/JUMP	Week 3 (19 March)			Week 13 (18 June)		
7yrs	DISCUS	80m	S/PUT	200m	BULLNOSE	Week 4 (26 March)			Week 14 (25 June) INTERCLUB CAIRNS ATHLETICS 23.6.17		
8yrs	80m	S/PUT	60m	BULLNOSE	800m	Week 5 (2 April) INTERCLUB CAIRNS ATHLETICS 31.3.17			Week 15 (16 July) INTERCLUB MULGRAVE ATHLETICS		
9yrs	80m	S/PUT	60m	MINI JAV	800m	Week 6 (23 April)			Week 16 (30 July)		
10yrs	80m	MINI JAV	100m	S/PUT	800m	Week 7 (30 April)			Week 17 (20 August)		
11yrs	100m	T/JUMP	60m	JAVELIN	800m	Week 8 (7 May)			Week 18 (27 August)		
12-13yrs	T/JUMP	100m	JAVELIN	S/PUT	3000m XC / 1500m	Week 9 (14 May)			Week 19 (10 September)		
14-15yrs	T/JUMP	JAVELIN	100m	S/PUT (cage)	3000m XC / 1500m / Hammer	Week 10 (21 May)			Week 20 (17 September) INTERCLUB CAIRNS ATHLETICS 15.9.17		
16+ yrs	S/PUT (cage)	100m	T/JUMP	JAVELIN	3000m XC / 1500m / Hammer	As at 23.04.17					