

updated 03/02/2022

Kew LAC Track and Field Season 2021 - 2022

Week 3 Program Schedule



Week 3	8.00 am	8.30 am	8.45 am	9.00 am	9.20am	9.40am	10.00am	10.20am	10.40am	11.00am
6B		Warm Up	300m Unlaned	Skill	Shot Put	70m	Rest	LJ	LJ	
6G		Warm Up	300m Unlaned	Skill	Shot Put	70m	Rest	LJ	LJ	
7B		Warm Up	Skill	400m unlaned	Rest	70m	LJ	Vortex	Vortex	
7G		Warm Up	Skill	400m unlaned	Rest	70m	LJ	Vortex	Vortex	
8B		Warm Up	100m	Rest	400m unlaned	Rest	70m	Vortex - south oval	Vortex - south oval	
8G		Warm Up	100m	Rest	400m unlaned	Rest	70m	Vortex - south oval	Vortex - south oval	
9B		Warm Up	100m	Rest	*Vortex - South Oval	70m	Rest	Rest	400m	
9G		Warm Up	100m	Rest	Rest	70m	Vortex - South Oval	Rest	400m	
10B		Warm Up	HJ	Rest	100m	Shot Put	70m	Rest	Rest	400m
10G		Warm Up	Rest	HJ	100m	Rest	70m	Shot Put	Rest	400m
11B		Warm Up	Shot Put	Shot Put	100m	Rest	HJ	200m	Rest	400m
11G		Warm Up	Discus	Discus	100m	HJ	Rest	200m	Rest	400m
12B		Warm Up	LJ	100m	Discus	Rest	200m	Rest	400m	
12G		Warm Up	Rest	100m	LJ	Discus	200m	Rest	400m	
13B+		Warm Up	LJ	100m	Discus	Rest	200/300H	Rest	400m	
13G+		Warm Up	Rest	100m	LJ	Discus	200/300H	Rest	400m	

*Only start vortex after 9.30am