

Kew LAC Track and Field Season 2021 - 2022

Week 2 Program Schedule



| Week 2 | 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 | Skill | HJ | HJ | 200m unlaned | Vortex | Vortex | *60H - 20cm | |
| 6G | | Warm Up | Skill | HJ | HJ | 200m unlaned | Vortex | Vortex | *60H - 20cm | |
| 7B | | Warm Up | Skill | 200m | Shot Put | Shot Put | HJ | HJ | *60H - 30cm | |
| 7G | | Warm Up | Skill | 200m | Shot Put | Shot Put | HJ | HJ | *60H - 30cm | |
| 8B | | Warm Up | 60H - 45cm | Discus | Rest | 200m | LJ | LJ | | |
| 8G | | Warm Up | 60H- 45cm | LJ | LJ | 200m | Discus | Rest | | |
| 9B | | Warm Up | 60H - 45cm | 200m | Discus | Rest | 400m | LJ | LJ | |
| 9G | | Warm Up | 60H - 45cm | 200m | LJ | LJ | 400m | Discus | Rest | |
| 10B | | Warm Up | Rest | 60H - 60cm | 200m | **vortex | rest | 400m | Rest | |
| 10G | | Warm Up | Rest | 60H - 60cm | 200m | Rest | vortex | 400m | Rest | |
| 11B | | Warm Up | 1500m | Rest | 80H - 60cm | Rest | TJ | Rest | Jav | |
| 11G | | Warm Up | 1500m | Rest | 80H - 60cm | TJ | Rest | ***Jav | Rest | |
| 12B | | Warm Up | HJ | HJ | 80H - 68cm | Rest | 1500m | Shot Put | Shot Put | |
| 12G | | Warm Up | Shot Put | Rest | 80H - 68cm | 1500m | Rest | HJ | HJ | |
| 13B+ | | Warm Up | HJ | HJ | 80/90H - 76cm | Shot Put | Shot Put | 1500m | Rest | |
| 13G+ | | Warm Up | Rest | Shot Put | 80/90H - 76cm | 1500m | Rest | HJ | HJ | |

*U6-U7 Hurdles run down the back straight

**Only start vortex/javelin after 9.30am

***Only start javelin when vortex is finished