

# Kew LAC Track and Field Season 2021 - 2022

## Week 1 Program Schedule



Please Note - Approximate Times as a Guide only

Week 1	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	Discus	Relay	50m	LJ	LJ	100m	
6G		Warm Up	Skill	Discus	Relay	50m	LJ	LJ	100m	
7B		Warm Up	Skill	Discus	Relay	50m	LJ	LJ	100m	
7G		Warm Up	Skill	Discus	Relay	50m	LJ	LJ	100m	
8B		Warm Up	rest	100m	HJ	HJ	700m unlaned	Shot Put		
8G		Warm Up	HJ	HJ	100m	Shot Put	Shot Put	700m unlaned		
9B		Warm Up	100m	Shot Put	rest	HJ	rest	800m		
9G		Warm Up	100m	rest	Shot Put	rest	HJ	800m		
10B		Warm Up	100m	Discus	rest	800m	LJ	LJ		
10G		Warm Up	100m	LJ	LJ	800m	Discus	Discus		
11B		Warm Up	Discus	100m	Rest	LJ	LJ	200m	rest	800m
11G		Warm Up	LJ	LJ	100m	rest	Shot Put	200m	rest	800m
12B		Warm Up	100m	TJ	800m	rest	Jav	200m		
12G		Warm Up	TJ	100m	rest	200m	Jav	800m		
13B+		Warm Up	100m	TJ	800m	200m	rest	Jav		
13G+		Warm Up	TJ	100m	rest	200m	Jav	800m		

\* Only Start Javelin after 9.30am please

Note Javelin weights differ for U12 and U13 Boys