

**Queanbeyan Little Athletics Centre Inc
3 Week Program - effective 19/11/11**

Week 1

U6B		70m	100m	Shot Put	Turbo Javelin
U6G		70m	100m	Turbo Javelin	Shot Put
U7B		Hurdles	100m	Shot Put	Turbo Javelin
U7G		Hurdles	100m	Discus	Shot Put
U8B		Hurdles	100m	Shot Put	Turbo Javelin
U8G		Hurdles	100m	Discus	Shot Put
U9B	800m	Hurdles		Shot Put	High Jump
U9G	800m	Hurdles		Discus	High Jump
U10B	800m	Hurdles		Shot Put	High Jump
U10G	800m	Hurdles		Discus	Long Jump
U11B	800m	Hurdles		Shot Put	Triple Jump
U11G	800m	Hurdles		Discus	Long Jump
U12B	800m	Hurdles		Shot Put	Triple Jump
U12G	800m	Hurdles		Discus	Long Jump
U13-17B	800m	Hurdles	200m Hurdles	Shot Put	Triple Jump
U13-17G	800m	Hurdles	200m Hurdles	Discus	Long Jump

Week 2

U6B		70m	200m	Discus	Turbo Javelin	
U6G		70m	200m	Long Jump	Shot Put	
U7B		70m	200m	Discus	Turbo Javelin	
U7G		70m	200m	Long Jump	Shot Put	
U8B		70m	200m	Discus	Turbo Javelin	
U8G		70m	200m	Long Jump	Shot Put	
U9B		70m	200m	Discus	Turbo Javelin	
U9G		70m	200m	Shot Put	Turbo Javelin	
U10B	1500m	70m	200m	Discus	Long Jump	
U10G	1500m	70m	200m	High Jump	Turbo Javelin	
U11B	1500m		200m	100m	Discus	Long Jump
U11G	1500m		200m	100m	High Jump	Javelin
U12B	1500m		200m	100m	Discus	Long Jump
U12G	1500m		200m	100m	High Jump	Javelin
U13-17B	1500m		200m	100m	Discus	Long Jump
U13-17G	1500m		200m	100m	High Jump	Javelin

Week 3

U6B		50m	100m	Discus	Long Jump	
U6G		50m	100m	Discus	Turbo Javelin	
U7B		50m	100m	Discus	Long Jump	
U7G		50m	100m	Discus	Turbo Javelin	
U8B		50m	100m	Discus	Long Jump	
U8G		50m	100m	Discus	Turbo Javelin	
U9B	Walk		100m	400m	Long Jump	
U9G	Walk		100m	400m	Long Jump	
U10B	Walk		100m	400m	Turbo Javelin	
U10G	Walk		100m	400m	Shot Put	
U11B	Walk		100m	400m	High Jump	Javelin
U11G	Walk		100m	400m	Shot Put	Triple Jump
U12B	Walk		100m	400m	High Jump	Javelin
U12G	Walk		100m	400m	Shot Put	Triple Jump
U13-17B	Walk		100m	400m	High Jump	Javelin
U13-17G	Walk		100m	400m	Shot Put	Triple Jump