

WEEK 1

TT	6	7	8	9	10	11	12	13	14	15/17
100m	100m	100m	100m	100m	High Jump	Long Jump	Triple Jump	Shot Put	Javelin	Javelin
Fun Events	Discus	Long Jump	Shot Put	70m	100m	100m	100m	100m	100m	100m
70m	50m	50m	400m	High Jump	Discus	Javelin	400m	400m	400m	Triple Jump
				400m	400m	400m	Discus	Triple Jump	Triple Jump	400m
								1500m	1500m	1500m