

## Week One Program : Saturday 6<sup>th</sup> November 2021

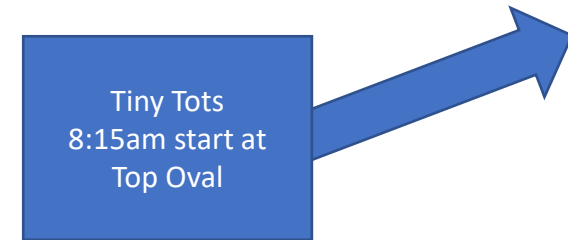
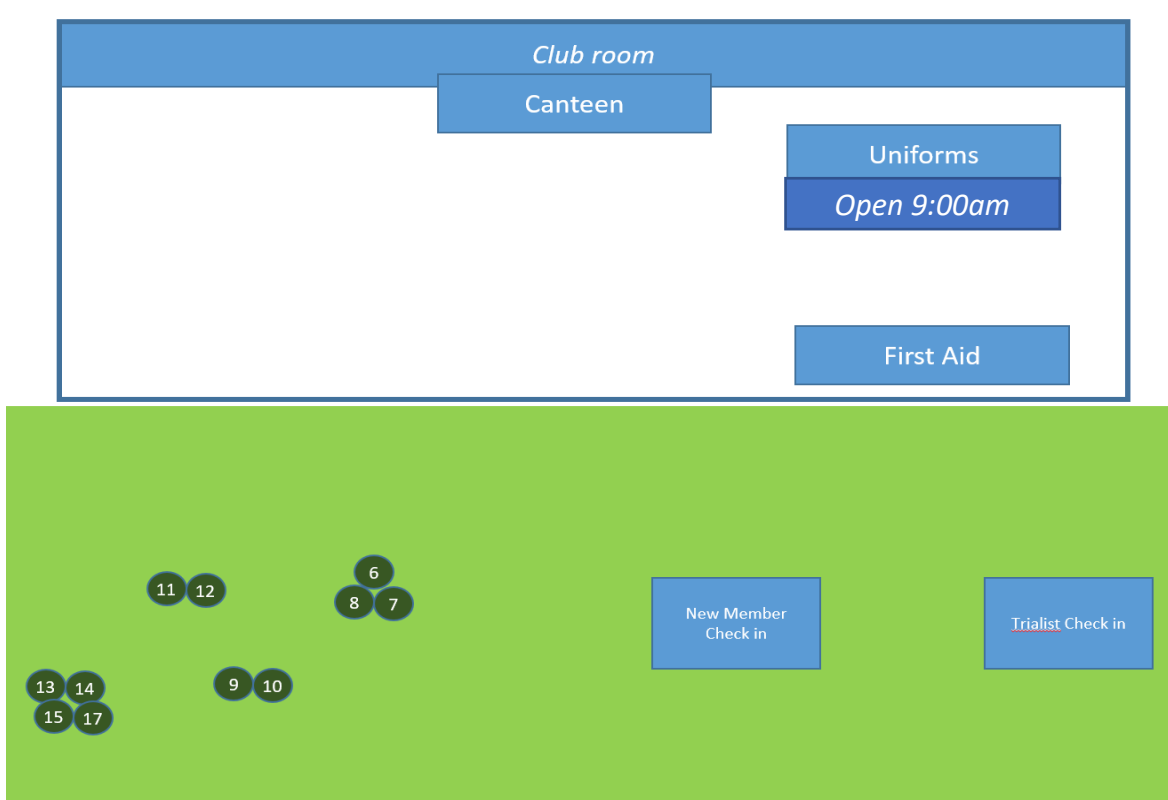
### 8:00 – 9:30am

Age Group	Activity 1	Activity 2
Tiny Tots	Various	Various
U6-U7	Jumps	Sprints
U8 / U9B / U10B	Sprints	Jumps
U9G / U10G	Sprints	Jumps
U11-U12	Javelin	High Jump
U13+	High Jump	Javelin

### 9:45 – 11:15am

Age Group	Activity 1	Activity 2
U6-U7	Jumps	Sprints
U8-U9G	Sprints	Jumps
U9B-U10	Sprints	Jumps
U11	Javelin	High Jump
U12-U13	High Jump	Javelin
U14+	Jumps	Sprints

# Map of the grounds



*Canteen Open 8:30-11:00*

*Uniforms available 8:30-10:30*

*Registration packs will be available for collection from Saturday 20<sup>th</sup> November*