

CAIRNS ATHLETICS 2013

FRIDAY 17 MAY

Week 8	EVENT 1	EVENT 2	EVENT 3		EVENT 4	EVENT 5
4 & 5	Discus City - 350g	100m Back	Treasure Hunt		Shuttle Relay Grass	70m Back
6	Shot City - 1kg	100m Back	Treasure Hunt		Shuttle Relay Grass	70m Back
7	100m Back	60 m Hurdles (45cm)	Shot City (1.5kg)		Discus City (500g)	70m Back
8 (Girls)	100m 7	60 m Hurdles (45cm)	High Jump Scissors	B	Shot Creek New (2kg)	70m 1
8 (Boys)	100m 6	60 m Hurdles (45cm)	High Jump Scissors		Shot Creek (2kg)	70m 2
9 (Girls)	100m 3	High Jump - Scissors	60m Hurdles (45cm)		Shot City - 2kg	400m
9 (Boys)	100m 5	Shot City - 2kg	60m Hurdles (45cm)	R	High Jump - Scissors	400m
10 (Girls)	100m 8	Mini Jav	60m Hurdles (60cm)		High Jump - Scissors	800m
10 (Boys)	100m 2	High Jump - Scissors	60m Hurdles (60cm)		Mini Jav	800m
11 (Girls)	100m 10	Discus City (750g)	60m Hurdles (68cm)	E	Javelin (400g)	400m
11 (Boys)	100m 11	Discus Creek (750g)	60m Hurdles (68cm)		400m	Javelin (400g)
12 (Girls)	100m 4	Javelin (400g)	80m (5 Lanes)		Shot City New (3kg)	400m
12 (Boys)	100m 9	Shot City (3kg)	80m (5 Lanes)	A	Discus Creek (1kg)	400m
13	Javelin (400/600g)	100m	Discus City (1kg)		400m 3	Shot Creek (3kg)
14 / 15	High Jump Flop	100m	Shot Creek New (3,4kg)		400m 2	Discus City (1kg)
Senior Group	100m 1	High Jump - Flop	High Jump - Flop	K	400m	Shot City New - 3,4,6,7,26kg
Senior Group	Shot City New - 3,4,6,7,26kg	Blocks Training	70m	Invit 1100 Walk	1500m (Invit) 1	Discus Creek (1 + kg)

EQUIPMENT LIST

Jnr Hurdles	Mini Jav	Shot City New	3, 4, 5, 6, 7,26 kg
Treasure Hunt	Lap board	Discus - City	350, 500, 750, 1kg
Bell	100 Cones	Javelin	400, 600g
Scissors	2 Mats	Shot City	1, 2, 3 kg

Shot - Creek	2, 3, kg
Discus - Creek	750, 1, 1.5, 2kg
Long / Triple Jump	2 Pits
Flop	YES
Shot Creek New	2, 3, 4 kg