

CENTRE PROGRAM

Week: 1

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
U6	200m	Shot Put	70m	Long Jump (Mats)	Relay
U7	200m	Shot Put	70m	Turbo Javelin	Relay
U8	200m	Turbo Javelin	70m	Long Jump (Mats)	Relay
U9	200m	Long Jump (Mats)	70m	Shot Put	800m
U10	200m	Discus	70m	High Jump (Scissors)	800m
U11	Shot Put	200m	High Jump	800m	Long Jump
U12	Discus	200m	Long Jump	800m	Shot Put
U13	Shot Put	200m	Discus	800m	Triple Jump
U14	High Jump	200m	Javelin	800m	Long Jump
U15	High Jump	200m	Javelin	800m	Long Jump
U16	High Jump	200m	Javelin	800m	Long Jump
U17	High Jump	200m	Javelin	800m	Long Jump



CENTRE PROGRAM

Week: 2

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
U6	Mini Hurdles 50m	Shot Put	50m	Discus	Relays
U7	Mini Hurdles 50m	Long Jump (Mats)	50m	Discus	Relays
U8	Hurdles (45cm) 60m	Discus	400m	Shot Put	Relays
U9	Hurdles (45cm) 60m	Long Jump (Mats)	400m	Turbo Javelin	Relays
U10	Hurdles (60cm) 60m	Shot Put	400m	Long Jump (Mats)	Relays
U11	Javelin	Hurdles (60cm) 80m	Triple Jump	400m	Relays
U12	Triple Jump	Hurdles (68cm) 80m	Javelin	400m	Relays
U13	High Jump	Hurdles (68cm) 80m	Shot Put	400m	Relays
U14	Shot Put	Hurdles (76cm). (B)90m, (G)80m	Long Jump	400m	Relays
U15	Shot Put	Hurdles (76cm). (B)100m, (G)90m	Long Jump	400m	Relays
U16	Shot Put	Hurdles (76cm). (B)100m, (G)90m	Long Jump	400m	Relays
U17	Shot Put	Hurdles (76cm). (B)110m, (G)100m	Long Jump	400m	Relays



Centre Program

Week: 3

Age Group	Event 1	Event 2	Event 3	Event 4	Event 5
U6	100m	Long Jump (Mats)	300m	Turbo Javelin	Relay
U7	100m	Long Jump (Mats)	500m	Shot Put	Relay
U8	100m	Shot Put	700m	Long Jump (Mats)	Relay
U9	100m	Discus	700m Walk	High Jump (Scissors)	Shot Put
U10	100m	Shot Put	1100m Walk	Long Jump (Mats)	Turbo Javelin
U11	Long Jump	100m	Shot Put	1500m or 1100m Walk	Discus
U12	Shot Put	100m	High Jump	1500m or 1100m Walk	Long Jump
U13	Discus	100m	Long Jump	1500m or 1500m Walk	Javelin
U14	Triple Jump	100m	Discus	1500m / 3000m or 1500m Walk	Shot Put
U15	Triple Jump	100m	Discus	1500m / 3000m or 1500m Walk	Shot Put
U16	Triple Jump	100m	Discus	1500m / 3000m or 1500m Walk	Shot Put
U17	Triple Jump	100m	Discus	1500m / 3000m or 1500m Walk	Shot Put