

Winter Athletics Camp Schedule - Junior Programme

	Time				
Date	8am - 9am	9am - 10am	10am - 10:30am	10:30am - 11am	11am - 12pm
Monday, 12 December 2022	Long jump	Sprints	Javelin	Lunch	Relays
Tuesday, 13 December 2022	High jump	Hurdles	Shot put	Lunch	Sprints
Wednesday, 14 December 2022	Sprints	Triple jump	Javelin	Lunch	Hurdes
Thursday, 15 December 2022	Middle distance	High jump	Shot put	Lunch	Sprints
Friday, 16 December 2022	Long jump	Sprints	Lunch	Athletics Competition	
Saturday, 17 December 2022	NO TRAINING				
Sunday, 18 December 2022					
Monday, 19 December 2022	Long jump	Sprints	Javelin	Lunch	Relays
Tuesday, 20 December 2022	High jump	Hurdles	Shot put	Lunch	Sprints
Wednesday, 21 December 2022	Sprints	Triple jump	Javelin	Lunch	Hurdes
Thursday, 22 December 2022	Middle distance	High jump	Shot put	Lunch	Sprints
Friday, 23 December 2022	Long jump	Sprints	Lunch	Athletics Competition	
Saturday, 24 December 2022	NO TRAINING				
Sunday, 25 December 2022					
Monday, 26 December 2022	Long jump	Sprints	Javelin	Lunch	Relays
Tuesday, 27 December 2022	High jump	Hurdles	Shot put	Lunch	Sprints
Wednesday, 28 December 2022	Sprints	Triple jump	Javelin	Lunch	Hurdes
Thursday, 29 December 2022	Middle distance	High jump	Shot put	Lunch	Sprints
Friday, 30 December 2022	Long jump	Sprints	Lunch	Athletics Competition	