

FEBRUARY HALF TERM ATHLETICS CAMP SCHEDULE AT GEMS WORLD ACADEMY

Group 1 - U7 & U9 | Group 2 - U11 | Group 3 - U13

Time	Monday 12th February	Tuesday 13th February	Wednesday 14th February	Thursday 15th February	Friday 16th February
9:00am - 9:15am	Arrival at GWA	Arrival at GWA	Arrival at GWA	Arrival at GWA	Arrival at GWA
9:15am - 10:00am	Sprints	Middle Distance / Sprints	Long Distance / Sprints	Sprints	Sprints
10:00am - 10:15am	Break	Break	Break	Break	Break
10:15am - 11:00am	High jump	Long jump	Triple Jump	High jump	Long jump
11:00am - 11:30am	Lunch	Lunch	Lunch	Lunch	Lunch
11:30am - 12:15pm	Javelin	Shot Put	Javelin / Discus	Shot Put	Javelin
12:15pm - 12:45pm	Relays / Team Activity	Relays / Team Activity	Relays / Team Activity	Relays / Team Activity	Relays / Team Activity
12:45pm - 1:00pm	Cool down & pick up	Cool down & pick up	Cool down & pick up	Cool down & pick up	Cool down & pick up

U13, U15, U20 Athletics Schedule

Time	Monday 12th February	Tuesday 13th February	Wednesday 14th February	Thursday 15th February	Friday 16th February
9:00am - 9:15am	Arrival at GWA	Arrival at GWA	Arrival at GWA	Arrival at GWA	Arrival at GWA
9:15am - 10:00am	Middle Distance / Sprints	Sprints	Sprints	Long Distance / Sprints	Sprints
10:00am - 10:15am	Break	Break	Break	Break	Break
10:15am - 11:00am	Long jump	High jump	Long jump	Triple Jump	High jump
11:00am - 11:30am	Lunch	Lunch	Lunch	Lunch	Lunch
11:30am - 12:15pm	Shot Put	Javelin	Shot put	Javelin / Discus	Shot Put
12:15pm - 12:45pm	Relays / Team Activity	Relays / Team Activity	Relays / Team Activity	Relays / Team Activity	Relays / Team Activity
12:45pm - 1:00pm	Cool down & pick up	Cool down & pick up	Cool down & pick up	Cool down & pick up	Cool down & pick up