

Camp Schedule - U7, U9, U11, U13, U15, U17, U20								
Date	Time							
	9:00am - 9:15am	9:15am - 9:30am	9:30am - 10:15am	10:15am - 10:30am	10:30am - 11:15am	11:15am - 11:45am	11:45am - 12:30pm	
Monday, 25 March 2024	Arrive / Register	Warm up	Long jump . Javelin . High jump . Shot put	Break	Sprints . Middle Distance	Lunch	Relays	
Tuesday, 26 March 2024	Arrive / Register	Warm up	Long jump . Javelin . High jump . Shot put	Break	Hurdles	Lunch	Sprints . Middle Distance	
Wednesday, 27 March 2024	Arrive / Register	Warm up	Sprints . Middle Distance	Break	Long jump . Javelin . High jump . Shot put	Lunch	Hurdles	
Thursday, 28 March 2024	Arrive / Register	Warm up	Hurdles	Break	Long jump . Javelin . High jump . Shot put	Lunch	Sprints . Middle Distance	
Friday, 29 March 2024	Arrive / Register	Warm up	Athletics Competition					
Saturday, 30 March 2024	NO TRAINING							
Sunday, 31 March 2024	NO TRAINING							
Monday, 1 April 2024	Arrive / Register	Warm up	Long jump . Javelin . High jump . Shot put	Break	Sprints / Middle Distance	Lunch	Relays	
Tuesday, 2 April 2024	Arrive / Register	Warm up	Long jump . Javelin . High jump . Shot put	Break	Hurdles	Lunch	Sprints . Middle Distance	
Wednesday, 3 April 2024	Arrive / Register	Warm up	Sprints	Break	Long jump . Javelin . High jump . Shot put	Lunch	Hurdles	
Thursday, 4 April 2024	Arrive / Register	Warm up	Middle distance	Break	Long jump . Javelin . High jump . Shot put	Lunch	Sprints . Middle Distance	
Friday, 5 April 2024	Arrive / Register	Warm up	Athletics Competition					