

Penrith Valley Athletics Centre Inc.



CENTRE WEEKLY PROGRAMME 2020 - 2021 SEASON

WEEK 'A' EVENTS

U6 Girls	Long Jump	Discus	70m	300m			
U6 Boys	Long Jump	Discus	70m	300m			
U7 Girls	100m	Shotput	50m	500m			
U7 Boys	100m	Shotput	50m	500m			
U8 Girls	60m Hurdles	100m	Shotput	200m	400m		
U8 Boys	60m Hurdles	100m	Shotput	200m	400m		
U9 Girls	Discus	60m Hurdles	Long Jump	400m	100m	700m Walk	
U9 Boys	Discus	60m Hurdles	Scissor High	400m	100m	700m Walk	
U10 Girls	Shotput	1100m Walk	60m Hurdles	70m	Scissor High	400m	
U10 Boys	Scissor High	1100m Walk	60m Hurdles	70m	Shotput	400m	
U11-12 Girls	1500m	100m	High Jump	80m Hurdles	Long Jump	400m	Javelin
U11-12 Boys	High Jump	1500m	80m Hurdles	100m	Long Jump	400m	
U13-14 Girls	Triple Jump	200m Hurdles	200m	800m	Shotput	Javelin	3000m
U15-17 Girls	300m Hurdles	Long Jump	200m	Discus	800m	Javelin	3000m
U13-17 Boys	300m/200m Hurdles	Triple Jump	200m	High Jump	800m	Shotput	3000m

WEEK 'B' EVENTS

U6 Girls	50m	200m	Shotput	100m				
U6 Boys	Shotput	50m	200m	100m				
U7 Girls	Long Jump	70m	200m	Discus				
U7 Boys	Discus	70m	200m	Long Jump				
U8 Girls	70m	Discus	Long Jump	700m				
U8 Boys	70m	Discus	Long Jump	700m				
U9 Girls	200m	Scissor High	Shotput	70m	800m			
U9 Boys	200m	Long Jump	Shotput	70m	800m			
U10 Girls	Long Jump	100m	200m	800m	Discus			
U10 Boys	Long Jump	100m	200m	Discus	800m			
U11-12 Girls	Shotput	200m	800m	Triple Jump	Discus	1100m/1500m Walk		
U11-12 Boys	Shotput	800m	Discus	200m	Triple Jump	1100m/1500m Walk	Javelin	
U13-14 Girls	1500m	100m	Discus	80m Hurdles	400m	High Jump	Long Jump	1500m Walk
U15-17 Girls	Triple Jump	1500m	High Jump	100m	90/100m Hurdles	400m	Shotput	1500m Walk
U13-17 Boys	Discus	1500m	Long Jump	100m	80/90/100/110 Hurdles	400m	1500m Walk	Javelin