

DAY	TIME	EVENT TRAINING	AGE GROUP TRAINING
Monday	4.15pm to 5.15pm		Under 11 Girls
	4.30pm to 5.30pm	Under 9 Plus Distance	Under 8 Girls Under 10 Girls
	4.45pm to 5.30pm	Under 9 to Under 11 Discus & Shotput	
	5.30pm to 6.30pm	Under 11 Hurdles	
	5.30pm to 6.45pm	Under 12 Plus Discus & Shotput	
Tuesday	4.30pm to 5.30pm		Under 7 Girls Under 9 Girls Under 11 Boys
	4.30pm to 5.30pm	Under 9 Plus Strength & Conditioning	
	4.45pm to 5.45pm	Under 9 to Under 10 Sprints	
	5.30pm to 6.00pm	Under 11 Javelin	
	5.30pm to 7.00pm	Under 12 Plus Javelin	
	6.00pm to 7.00pm	Under 12 Plus Sprints & Hurdles	

DAY	TIME	EVENT TRAINING	AGE GROUP TRAINING
Wednesday	4.00pm to 5.00pm	Under 11 Plus High Jump	Under 6 Girls Under 6 Boys
	4.30pm to 5.30pm	Under 9 to Under 10 Hurdles	Under 10 Boys
	5.00pm to 6.00pm	Under 11 Plus Sprints	
Thursday	4.30pm to 5.30pm	Under 9 Plus Distance	Under 7 Boys Under 8 Boys Under 9 Boys
	5.00pm to 6.00pm	Under 9 Plus Long Jump	
	6.00pm to 7.00pm	Under 11 Plus Triple Jump	