

## WINTER PROGRAM FOR THROWS AND JUMPS

| Times 8.00 - 11.00am                              | Location   | Throws                       | Jumps                                   | Coaching  |
|---|------------|------------------------------|---|---|
| 2nd June Competition                              | SAF        | Hammer, Shot, Javelin        | High Jump, Pole Vault, Long/triple Jump | 8.00 am – Long Jump/Triple Jump<br>8.00 am - Hurdles          |
| 9th June Practice                                 | SAF        | Hammer, Shot, Weight         | High Jump, Pole Vault, Long/triple Jump | Throws coaching – specific event TBA                          |
| 16th June Nil                                     |            |                              |   |   |
| <b>22<sup>nd</sup> June – Special Competition</b> | <b>SAF</b> | <b>11.00 am Discus only</b>  |   |   |
| 23 <sup>rd</sup> June Competition                 | SAF        | Hammer, Shot, Weight, Discus | High Jump, Pole Vault, Long/triple Jump | 10.00 am – Pole Vault<br>Throws coaching – specific event TBA |
| 30 <sup>th</sup> June Practice                    | SAF        | Hammer, Discus, Javelin      | High Jump, Pole Vault, Long/triple Jump | 8.00 am – High Jump   |
| 7 <sup>th</sup> July Competition                  | SAF        | Hammer, Discus, Javelin      | High Jump, Pole Vault, Long/triple Jump | 8.00 am – Hurdles<br>Throws coaching – specific event TBA     |
| 14 <sup>th</sup> July Practice                    | SAF        | Shot, Discus, Weight         | High Jump, Pole Vault, Long/triple Jump |   |
| 21 <sup>st</sup> July Competition                 | SAF        | Shot, Discus, Weight         | High Jump, Pole Vault, Long/triple Jump | 8.00 am – High Jump<br>Throws coaching – specific event TBA   |
| 28 <sup>th</sup> July Practice                    | SAF        | Hammer, Shot, Javelin        | High Jump, Pole Vault, Long/triple Jump | 10.00 am – Pole Vault   |
| 4 <sup>th</sup> August Competition                | SAF        | Hammer, Shot, Javelin        | High Jump, Pole Vault, Long/triple Jump | 8.00 am - Hurdles   |
| 11 <sup>th</sup> August Practice                  | SAF        | Hammer, Shot, Weight         | High Jump, Pole Vault, Long/triple Jump | 8.00 am – High Jump   |
| 18 <sup>th</sup> August Competition               | SAF        | Hammer, Shot, Weight         | High Jump, Pole Vault, Long/triple Jump |   |
| 25 <sup>th</sup> August Practice                  | SAF        | Hammer, Discus, Javelin      | High Jump, Pole Vault, Long/triple Jump | 10.00 am – Pole Vault   |