



# CROYDON CENTRE PROGRAMME

## DAY 1

U6	U7	U8	U9	U10	U11	U12	13/17	
50M	50M							
		70M	70M	70M	70M	70M		
200M	200M	200M	200M	200M	200M	200M	200M	
			800M	800M	800M	800M	800M	
		60H	60H	60H	60H	60H	80H	
LJ	LJ	LJ	UNDER 9/17 OPEN FIELD PROGRAM					
SP	SP	SP	SP AND DISCUS EVERY WEEK					
			HJ		LJ,TJ, (U11/U17) ALTERNATE WEEKS JAVELIN EVERY WEEK			

## DAY 2

U6	U7	U8	U9	U10	U11	U12	U13/17	
70M	70M	70M	70M	70M				
100M	100M	100M	100M	100M	100M	100M	100M	
		700W	1100W		1500M	1500M	1500M	
		80H	80H	80H	80H	80H	80H	
LJ	LJ	TJ	UNDER 9/17 OPEN FIELD PROGRAM					
SP	SP	SP	SP AND DISCUS EVERY WEEK					
			LJ,TJ, (U11/U17) ALTERNATE WEEKS JAVELIN EVERY WEEK					
				HJ		HJ	300H	

## DAY 3

U6	U7	U8	U9	U10	U11	U12	U13/17	
70M	70M	70M	70M	70M				
100M	100M	100M	100M	100M	100M	100M	100M	
		300/400M	400M	400M	400M	400M	400M	
				1100W	1500W	1500W	1500W	
LJ	LJ		UNDER 9/17 OPEN FIELD PROGRAM					
SP			SP AND DISCUS EVERY WEEK					
			LJ,TJ, (U11/U17) ALTERNATE WEEKS JAVELIN EVERY WEEK					
		HJ					HJ	

NOTE: Club Duties will be reviewed after three to four weeks of competition after registration numbers have been reviewed by the Centre.