

Camp Schedule

Camp Schedule					
Time					
Date	8am	8:30am - 10:00am	10:00am - 10:30am	10.30am - 11:30am	11:30am - 12:00pm
Monday 16th December	Arrive / Register	Long jump . Javelin . High jump . Shot put	Break / Snack	Sprints . Middle Distance	Relays
Tuesday 17th December	Arrive / Register	Long jump . Javelin . High jump . Shot put	Break / Snack	Hurdles	Sprints . Middle Distance
Wednesday 18th December	Arrive / Register	Sprints . Middle Distance	Break / Snack	Long jump . Javelin . High jump . Shot put	Hurdles
Thursday 19th December	Arrive / Register	Hurdles	Break / Snack	Long jump . Javelin . High jump . Shot put	Sprints . Middle Distance
Friday 20th December	Arrive / Register	Athletics Competition			
Saturday 21st December	NO TRAINING				
Sunday 22nd December					
Monday 23rd December	Arrive / Register	Long jump . Javelin . High jump . Shot put	Break / Snack	Sprints / Middle Distance	Relays
Tuesday 24th December	Arrive / Register	Long jump . Javelin . High jump . Shot put	Break / Snack	Hurdles	Sprints . Middle Distance
Wednesday 25th December	Arrive / Register	Sprints	Break / Snack	Long jump . Javelin . High jump . Shot put	Hurdles
Thursday 26th December	Arrive / Register	Middle distance	Break / Snack	Long jump . Javelin . High jump . Shot put	Sprints . Middle Distance
Friday 27th December	Arrive / Register	Athletics Competition			