## **CLUB CHAMPIONSHIPS**

2018

WEEK 1

|             | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-------------|---|---|---|---|----|----|----|
|             |   |   |   |   |    |    |    |
| Hurdles     |   |   |   |   |    |    |    |
| 800 Metres  |   |   |   |   |    |    |    |
| 150 Metres  |   |   |   |   |    |    |    |
| Discus      |   |   |   |   |    |    |    |
| Javelin     |   |   |   |   |    |    |    |
| Shot Put    |   |   |   |   |    |    |    |
| Long Jump   |   |   |   |   |    |    |    |
| Triple Jump |   |   |   |   |    |    |    |
| High Jump   |   |   |   |   |    |    |    |

## WEEK 2

|                   |      | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|-------------------|------|---|---|---|---|----|----|----|
|                   |      |   |   |   |   |    |    |    |
| 100 Metres        |      |   |   |   |   |    |    |    |
| 400 Metres        |      |   |   |   |   |    |    |    |
| Long Jump         |      |   |   |   |   |    |    |    |
| Triple Jump       |      |   |   |   |   |    |    |    |
| High Jump         |      |   |   |   |   |    |    |    |
| Discus            |      |   |   |   |   |    |    |    |
| Shot Put          |      |   |   |   |   |    |    |    |
| Javelin/Turbo/Voi | rtex |   |   |   |   |    |    |    |
| 200 Metres Hurdl  | es   |   |   |   |   |    |    |    |

## WEEK 3

|                  |      | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|------------------|------|---|---|---|---|----|----|----|
|                  |      |   |   |   |   |    |    |    |
| 70 Metres        |      |   |   |   |   |    |    |    |
| 200 Metres       |      |   |   |   |   |    |    |    |
| 1500 Metres      |      |   |   |   |   |    |    |    |
| Long Jump        |      |   |   |   |   |    |    |    |
| Turbo/Javelin/Vo | rtex |   |   |   |   |    |    |    |
| Discus           |      |   |   |   |   |    |    |    |
| Shot Put         |      |   |   |   |   |    |    |    |
| Triple Jump      |      |   |   |   |   |    |    |    |
| High Jump        |      |   |   |   |   |    |    |    |

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