

Athletics Camp Structure

Week 2 (3rd to 7th of July) Week 3 (10th to 14th of July)

	9am-9:15am	9:15am-9:45am	9:45am-10:15am	10:15am-10:30am	10:30am - 11am	11am-11:45am	11:45am-12:30pm	12:30pm-1:15pm	1:15pm-2pm	2pm-2:15	2:15pm-2:45pm	2:45pm-3pm
Monday	Registration & Briefing	Warm up -Fun Games	Shot Putt	Break	Agility, Balance & Coordination	Middle Distance	Lunch	Long Jump	Athlete scorecard Shot Putt, Agility, Balance & Coordination	Break	Athlete scorecard Middle Distance & Long Jump	Cool down & Sign out
Tuesday	Registration & Briefing	Warm up -Fun Games	Javelin	Break	Sprints	Triple Jump	Lunch	Hurdles	Athlete scorecard Javelin & Sprints	Break	Athlete scorecard Triple Jump & Hurdles	Cool down & Sign out
Wednesday	Registration & Briefing	Warm up -Fun Games	High Jump	Break	Hammer	Relays	Lunch	Middle Distance	Athlete scorecard High Jump & Hammer	Break	Athlete scorecard Relays & Middle Distance	Cool down & Sign out
Thursday	Registration & Briefing	Warm up -Fun Games	Sprints	Break	Shot putt	Long jump	Lunch	Discus	Athlete scorecard Sprints & Shot Putt	Break	Athlete scorecard Long Jump & Discus	Cool down & Sign out
Friday	Registration & Briefing	Warm up -Fun Games	Competition	Break	Competition	Competition	Lunch	Competition	Competition	Break	Competition	Cool down & Sign out

