

Athletics Camp Structure

Week 6 (31st of July to 4th of August) Week 7 (7th to 11th of August)

	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	Javelin	Break	Sprints	Long jump	Lunch	Relays	Athlete scorecard Javelin & Sprints	Break	Athlete scorecard Long Jump and Relays	Cool down & Sign out
Tuesday	Registration & Briefing	Warm up -Fun Games	Triple Jump	Break	Hammer	Hurdles	Lunch	Middle Distance	Athlete scorecard Triple Jump & Hammer	Break	Athlete scorecard Hurdles & Middle Distance	Cool down & Sign out
Wednesday	Registration & Briefing	Warm up -Fun Games	Middle Distance	Break	Discus	Agility, Balance & Coordination	Lunch	Javelin	Athlete scorecard Middle Distance & Discus	Break	Athlete scorecard Agility, Balance & Coordination & Javelin	Cool down & Sign out
Thursday	Registration & Briefing	Warm up -Fun Games	Sprints	Break	Shot Put	Long jump	Lunch	High Jump	Athlete scorecard Sprints & Shot Put	Break	Athlete scorecard Long Jump & High Jumps	Cool down & Sign out
Friday	Registration & Briefing	Warm up -Fun Games	Competition	Break	Competition	Competition	Lunch	Competition	Competition	Break	Competition	Cool down & Sign out