

Step UP your game

April 7th 2019

Schedule

10:30-11:00 - Registration

11:00-11:30 - group warm up (Middle Distance to have different warm up)

11:30-12:45 - 1st session

12:45-1:15- cool down / warm up

1:15-2:30 - 2nd session

2:30-3:00 - cool down

3:00 - Social event

1st session: 11:30-12:45

Sprints

Long Jump (TJ)

Javelin

High Jump & Pole Vault

Middle Distance

2nd session: 1:15-2:30

Hurdles

Sprints

Shot Put

Discus Hammer