

1ST WEEK • 3RD WEEK • 5TH WEEK

EVENT 1

PRE K & K	50
1ST & 2ND	BALL THROW
3RD • 4TH • 5TH	RUNNING LONG JUMP

EVENT 2

PRE K & K	75
1ST & 2ND	RUNNING LONG JUMP
3RD • 4TH • 5TH	BALL THROW

EVENT 3

PRE K & K	100
1ST & 2ND	100
3RD • 4TH • 5TH (100

EVENT 4

PRE K & K	BALL THROW
1ST & 2ND	200
3RD • 4TH • 5TH	200

EVENT 5

PRE K & K	STANDING JUMP
1ST & 2ND	400
3RD • 4TH • 5TH	400

2ND WEEK • 4TH WEEK • LAST WEEK

EVENT 1

PRE K & K (STADIUM SIDE)	75 HURDLES
1ST & 2ND	JAVELIN THROW
3RD • 4TH • 5TH	STANDING JUMP

EVENT 2

PRE K & K (STADIUM SIDE)	100 HURDLES
1ST & 2ND	STANDING JUMP
3RD • 4TH • 5TH	JAVELIN THROW

EVENT 3

PRE K & K (FAR SIDE)	100
1ST & 2ND (FAR SIDE)	100
3RD • 4TH • 5TH (FAR SIDE)	100

EVENT 4

PRE K & K	BALL THROW
1ST & 2ND (STADIUM SIDE)	75 HURDLES
3RD • 4TH • 5TH (STADIUM SIDE)	75 HURDLES

EVENT 5

PRE K & K (3 HEATS)	STANDING JUMP
1ST & 2ND (STADIUM SIDE)	100 HURDLES
3RD • 4TH • 5TH (STADIUM SIDE)	100 HURDLES