

## PSAC Program

### Week A

<b>Age Group</b>	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>	<b>Activity 4</b>
6,7B	60m mini hurdle	Discus	200m	Long Jump
6G	60m mini hurdle	Shot Put	200m	Long Jump
7G	60m mini hurdle	200m	Shot Put	Discus
8G	60m Hurdles	Long Jump	Shot Put	200m
9G	60m Hurdles	Turbo	200m	Discus
8,9B	60m Hurdles	200m	Turbo	Shot Put
10G	Long Jump	60m Hurdles	Turbo	200m
10B	Shot Put	60m Hurdles	200m	Turbo
	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>	<b>Activity 4</b>
11B	Discus	400m	80m Hurdles	Triple Jump
11G	Triple Jump	Javelin	80m Hurdles	400m
12,13G	Javelin	400m	Triple Jump	80m Hurdles
12,13B	400m	Discus	Triple Jump	80 - 90m Hurdles
14+	Triple Jump	400m	Discus	90 - 100m Hurdles

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### Week B

<b>Age Group</b>	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>	<b>Activity 4</b>
6,7B	300m/500m	Shot Put	70m	Turbo
6G	300m	Turbo	70m	Discus
7G	500m	Long Jump	70m	Turbo
8G	Discus	70m	Long Jump	400m
9G	Long Jump	70m	Shot Put	400m
8,9B	Long Jump	70m	400m	Shot Put
10G	Discus	70m	400m	High Jump (scissors)
10B	High Jump (scissors)	70m	400m	Discus
	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>	<b>Activity 4</b>
11B	100m	Javelin	Shot Put	800m
11G	100m	800m	Discus	Long Jump
12,13G	High Jump (fosbury)	800m	Discus	100m
12,13B	100m	Shot Put	Long Jump	800m
14+	Shot Put	800m	100m	High Jump (fosbury)

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### Week C

<b>Age Group</b>	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>	<b>Activity 4</b>
6,7B	Discus	100m	Long Jump	50m
6G	Shot Put	100m	Long Jump	50m
7G	Shot Put	100m	Discus	50m
8G	700m	Turbo	100m	Shot Put
9G	100m	Discus	800m	High Jump (scissor)
8,9B	700m/800m	Turbo/High Jump (scissors)	100m	Discus
10G	100m	Long Jump	800m	Shot Put
10B	100m	800m	Turbo	Long Jump
	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>	<b>Activity 4</b>
11B	Long Jump	200m	Discus	1500m
11G	200m	Shot Put	High Jump (fosbury)	1500m
12,13G	Long Jump	200m	Shot Put	1500m
12,13B	High Jump (fosbury)	200m	Javelin	1500m
14+	Javelin	200m	Long Jump	1500m

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### Week D

<b>Age Group</b>	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>	<b>Activity 4</b>
6,7B	200m	Shot Put	50m	Turbo
6G	200m	Turbo	50m	Discus
7G	200m	Turbo	50m	Long Jump
8G	Discus	400m	Long Jump	100m
9G	Shot Put	100m	400m	High Jump (scissor)
8,9B	100m	400m	Discus	Long Jump
10G	High Jump (scissor)	100m	Turbo	400m
10B	400m	Shot Put	100m	Discus
	<b>Activity 1</b>	<b>Activity 2</b>	<b>Activity 3</b>	<b>Activity 4</b>
11B	High Jump (fosbury)	400m	Javelin	100m
11G	100m	Long Jump	Discus	400m
12,13G	100m	Discus	400m	Long Jump
12,13B	100m	Long Jump	400m	Shot Put
14+	Long Jump	400m	Shot Put	100m