

## DLAC Wednesday Training 4.30pm - 5.30pm

Date	Event 1	Event 2	Event 3	Event 4	Event 5					
Sep-30	TJ	Hurdles	Discus	Sprinting	Javelin	First 3 trainings: Choose 3 events to participate in - try to learn new events that you need for competition.				
Oct-07	TJ	Hurdles	SP	Middle dist	HJ					
Oct-14	TJ	Hurdles	Long Jump	Sprinting	Javelin					
Oct-21	Disc	HJ	Long Jump	Sprinting						
Oct-28	Hurdles	Shot	TJ	Middle dist	Javelin	Javelin offered to only U11 & above from 4.30pm - 5pm				
Nov-04	Disc	HJ	Long Jump	Sprinting						
Nov-11	Hurdles	Shot	HJ	Sprinting						
Nov-18	Disc	TJ	Long Jump	Middle dist	Javelin	Javelin offered to only U11 & above from 4.30pm - 5pm				
Nov-25	Hurdles	Shot	TJ	Sprinting						
Dec-02	Disc	HJ	Long Jump	Sprinting						
Dec-09	Hurdles	Shot	TJ	Middle dist	Javelin	Javelin offered to only U11 & above from 4.30pm - 5pm				
<b>CHRISTMAS BREAK</b>										
Jan-13	Sprinting	Middle dist	Hurdles	Discus	Long Jump	Multi event training in preparation for State and Centre Multi events in January				
Jan-20	Sprinting	Middle dist	Hurdles	Discus	Long Jump					
Jan-27	Sprinting	Middle dist	Hurdles	Discus	Long Jump					
<b>Jan 30/31</b>	<b>State Multi Event - Bendigo</b>									
Feb-03	Hurdles	Shot	HJ	Sprinting						
Feb-10	Disc	TJ	Long Jump	Middle dist	Javelin	Javelin offered to only U11 & above from 4.30pm - 5pm				
Feb-17	Hurdles	Shot	TJ	Sprinting						
Feb-24	Disc	HJ	Long Jump	Sprinting						
Mar-03	Hurdles	Shot	TJ	Middle dist	Javelin	Javelin offered to only U11 & above from 4.30pm - 5pm				
Mar-10	Disc	HJ	Long Jump	Sprinting						
Mar-17	Hurdles	Shot	TJ	Sprinting						