

Athletics Training Schedule 2024

Time: Monday, Wednesday 7:00-8:00am Friday 7:00-7:50am

Monday – Distance, Hurdles, High Jump, Long Jump

Wednesday – Throws, Hurdles, Sprints

Friday – Sprints, Distance, Throws

Week	Monday	Tuesday	Wednesday	Thursday	Friday
9	10/6 Distance Hurdles High Jump Long Jump	11/6	12/6 Throws Hurdles Sprints	13/6	14/6 Sprints Distance Throws
10	17/6 Distance Hurdles High Jump Long Jump	18/6	19/6 Throws Hurdles Sprints	20/6	21/6 Sprints Distance Throws
11	24/6 Distance Hurdles High Jump Long Jump	25/6	26/6 NO TRAINING	27/7	28/7 NO TRAINING <i>Year 7 Pre- Carnival Events</i>
	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS	HOLIDAYS
1	15/7 NO TRAINING	16/7	17/7 NO TRAINING	18/7	19/7 Sprints Distance Throws
2	22/7 Distance Hurdles High Jump Long Jump	23/7	24/7 Throws Hurdles Sprints	25/7	26/7 <i>Inter-House Athletics Carnival 🏆</i> HBF Athletics Stadium
3	29/7 Distance Hurdles High Jump Long Jump	30/7	31/7 Throws Hurdles Sprints NAS Team Announced 🇩🇪	1/8	2/8 NO TRAINING <i>John XXIII Day 🇮🇹</i>

4	5/8 Distance Hurdles High Jump Long Jump	6/8	7/8 Throws Hurdles Sprints	8/8 Draft ACC Athletics Team Announced 🏃	9/8 Sprints Distance Throws
5	12/8 Distance Hurdles High Jump Long Jump	13/8	14/8 Throws Hurdles Sprints	15/8	16/8 Sprints Distance Throws
6	19/8 NO TRAINING Pupil Free Day	20/8 NAS Athletics Carnival P3-6 7-10 Challenge HBF Athletics Stadium	21/8 Throws – Challenge Morning Year 7-12 @ JTC Ovals Hurdles Sprints	22/8	23/8 Track events and Jumps Final Year 7-12 Challenge Morning HBF Athletics Stadium 6:45-7:45am
7	26/8 Distance Hurdles High Jump Long Jump	27/8 Final ACC Team Announced 🏃	28/8 Throws Hurdles Sprints	29/8	30/8 ACC Squad Training HBF Athletics Stadium All events Compulsory Session for team 6:45-7:45am
8	2/9 Distance Hurdles High Jump Long Jump	3/9	4/9 Throws Hurdles Sprints	5/9	6/9 Sprints Distance Throws
9	9/9 ACC SQUAD Team Training 3:30pm-4:30pm Followed by team Dinner @ TMEC 5:00pm- 6:15pm	10/9	11/9 ACC A' Division Carnival 😊		

2024 Coaches

Sprints Jessica Pillera, Zoe Bowen

Hurdles Lyn Foreman / Leila Barker (Alumni 23)

Distance: Sam Brennan

Throws Tim Lyons (Discus and Shot Put)

Throws Leila Barker, Jonah Burns (Alumni 23)(Javelin)

High Jump Ella Adams

Long Jump Zoe Bowen