

Week 1					
	1	2	3	4	5
U6	200	SHOT	100	DISC	70
U7	TECH	200	LONG	SHOT	70
U8	LONG	200	HIGH	100	DISC
U9	SHOT	800	DISC	70	LONG
U10	LONG	800	SHOT	70	HIGH
U11	200	JAV	400	TRIPLE	100
U12	200	DISC	400	HIGH	100
U13-17	200	TRIPLE	400	100	SHOT