

Balmoral Coaching Calendar

2017/2018

Week	Date	Events
1	29/8/17	Sprints, High Jump Flop, Shotput
2	5/9/17	Triple Jump/Long Jump, High Jump Scissors, Middle Distance
3	12/9/17	Discus, Sprints, High Jump Flop
		School Holidays
4	3/10/17	Hurdles, Javelin, Triple Jump/Long Jump
5	10/10/17	Triple Jump/Long Jump, Sprints, Shotput
6	17/10/17	High Jump Flop, Baton Relays, Hurdles
7	24/10/17	Middle Distance, High Jump Scissors, Discus
8	31/10/17	Triple Jump/Long Jump, Baton Relays, Shotput
	5/10/17	Senior Carnival/Junior Pentathlon
9	7/11/17	Discus, High Jump Flop, Baton Relays
	12/11/17	Sth East Regional Relays
10	14/11/17	Triple Jump/Long Jump, Discus, Sprints
11	21/11/17	Hurdles, Javelin, High Jump Scissors
12	28/11/17	Shotput, Baton Relays, Middle Distance
	2/12/17	State Relays Championships
13	5/12/17	High Jump Flop, Triple Jump/Long Jump, Walks
		Xmas/ New Year School Holidays
14	23/1/18	Discus, Sprints, High Jump Scissors
15	30/1/18	Shotput, High Jump Flop, Triple Jump/Long Jump
16	6/2/18	Hurdles, Shotput, Javelin
17	13/2/18	Middle Distance, Long Jump/Triple Jump, Discus
18	20/2/18	High Jump Scissors, Walking, Hurdles
19	27/2/18	Triple Jump/Long Jump, Shotput, Sprints
	4/3/18	Junior Carnival/Senior Pentathlon
20	6/3/18	Coaching by Seniors
21	13/3/18	Triple Jump/Long Jump, High Jump Flop, Sprints (blocks)
	16-18/3/18	State Championships

**Note: These can be subject to change