

Winter Training 2026 – Updated With Competition Dates

	Coaching	Competition
7 June	Hurdles 8:30am High Jump 9:00am	
14 June	Pole Vault 8:00am	Javelin, Shot
21 June	High Jump 9:00am	
28 June	Long/Triple Jump 9:00am	Pole Vault 8am Hammer, Discus
5 July	Hurdles 8:30am Javelin, Discus 8:00am	
12 July	General Training – venue Main Stadium (No hammer permitted)	
19 July	Pole Vault 8:00am	Shot, Weight
26 July		Christmas Throws in July Pole Vault 8am
2 August	Hurdles 8:30am Long/Triple Jump 9:00am High Jump 9:00am	
9 August	Pole Vault 8:00am	Discus, Hammer
16 August		Pole Vault 8:00am
23 August		Javelin, Weight
30 August		