

Winter Training 2026 – Updated With Competition Dates

	Coaching	Competition	Location
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	Discus and Javelin 8.00am Hurdles 8:30am		SAF
12 July			Main Track
19 July	Pole Vault 8:00am	Shot, Weight	SAF
25 July		Christmas Throws in July	SAF
26 July		Christmas Throws in July Pole Vault 8am	SAF
2 August	Hurdles 8:30am Long/Triple Jump 9:00am		
9 August	Pole Vault 8:00am High Jump 9:00am	Discus, Hammer	SAF
16 August		Pole Vault 9.00am and 12.00pm – 2 flights depending on numbers.	SAF
23 August		Javelin, Weight	SAF
30 August			SAF
6 September	Hurdles 8:30am		SAF