

## Tavistock athletic club- Junior coaching calendar- 2025

Session timings may sometimes vary so please check with your coach beforehand

DAY OF WEEK	EVENT	TIME	AGE GROUP
MONDAY			
	Run, jump, throw	5.00-6.00pm	School Y2-5
	Endurance (2 groups)	6.15-7.15pm	School Y6+
TUESDAY			
	Multi-events	5.45-7.00pm	School Y6+
	Sprints, hurdles, long jump	5.00-6.00pm	School Y8+
	Javelin	5.30-6.30pm	School Y7+
	Hammer & Discus (2 group sessions)	5.00-7.00pm	School Y7+
WEDNESDAY			
	Run, jump, throw	5.00-6.00pm	School Y2-5
THURSDAY			
	Run, jump, throw	6.00-7.00pm	School Y6 and Y7
	Sprints, hurdles, long jump	6.00-7.00pm	School Y8+
	Endurance	6.15-7.15pm	School Y6+
	Throws, jumps	6.00-7.00pm	School Y8+
	Hammer	5.00-5.45pm	School Y8+
	Hammer & Discus	5.45-7.00pm	School Y8+
SATURDAY			
	Hammer & Discus	9.30-11.00am	School Y8+
	High Jump (spring & summer)	10.30-11.30am	School Y8+
	Triple jump	10.00-11.00am	School Y8+
	Hammer	11.00-12.00pm	School Y8+