

MARCH - APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	30
5.30-6.30pm - Junior Sprints/Hurdles #1 6.30-7.30pm - Junior Sprints/Hurdles #2 5pm - Senior MPC/sprints/Hurdles 6.45pm - Senior Gym	5.30pm - Circular Throws 6.30pm - Elite Throws	5.30-7pm - ALL Jumps 6.45-8pm - Senior Gym	BOX HILL CLASSIC 4-5.15pm: ALL Throws (steve @ circle 4-4.3, jav 4.4-5.10) 4:15-5:15pm: ALL Running (Junior AND Senior) Pole Vault: Rare Air Comp @ MU	REST	8.20am - Circular Throws 9.20am - Pole Vault 10.30am - Javelin 11.30am - Running MAURIE PLANT MEET (Lakeside)	NO TRAINING (comps @ Lakeside)
31	1st APRIL	2	3	4	5	6
5.30-6.30pm - Junior Sprints/Hurdles #1 6.30-7.30pm - Junior Sprints/Hurdles #2 5pm - Senior MPC/sprints/Hurdles 6.45pm - Senior Gym	5.30pm - Circular Throws 6.30pm - Elite Throws	5.30-7pm - ALL Jumps 6.45-8pm - Senior Gym	(Steve in Perth) 4.15pm - Circular throws 5pm - Javelin 5pm - Junior Running (coach Ami) 6pm - Senior Hurdles/Sprints (John)	REST	National Championships - PERTH	
					9.45am - Circular Throws (Shane) 10.45am - Javelin (Shane) 11.45am - Running	REST
7	8	9	10	11	12	13
National Championships - PERTH						
5.30-6.30pm - Junior Sprints/Hurdles #1 6.30-7.30pm - Junior Sprints/Hurdles #2 5pm - Senior MPC/sprints/Hurdles 6.45pm - Senior Gym	5.30pm - ALL Circular Throwers (Shane)	5.30-7pm - ALL Jumps (Elvis) 6.45-8pm - Senior Gym	NO throwing training 5pm - ALL Running (John) (Junior AND Senior)	REST	REST	REST
14	15	16	17	18	19	20
5.30-6.30pm - Junior Sprints/Hurdles #1 6.30-7.30pm - Junior Sprints/Hurdles #2 5pm - Senior MPC/sprints/Hurdles 6.45pm - Senior Gym	5.30pm - ALL Circular Throwers (Shane)	5.30-7pm - ALL Jumps (Elvis) 6.45-8pm - Senior Gym	NO throwing training 5pm - Junior Running (coach Ami) 6pm - Senior Hurdles/Sprints (John)	REST	National Masters Champs + Stawell Gift	
					EASTER (no training)	
21	22	23	24	25	26	27
Masters + Stawell Gift		Australian Uni Games - Gold Coast			Australian Little Aths Championships	
5.30-6.30pm - ALL Juniors 5pm - Senior MPC/sprints/Hurdles 6.45pm - Senior Gym	5.30pm - ALL Circular Throwers	5.30-7pm - ALL Jumps & Gym	4.15pm - Circular throws 5pm - Javelin 5pm - Junior Running (coach Ami) 6pm - Senior Hurdles/Sprints 6.30pm - Pole Vault	REST	REST	8.20am - Pole Vault 9.45am - Circular Throws 10.45am - Javelin 11.45am - Running
28	29	30	1st MAY	Friday May 2nd		4
5.30-6.30pm - Junior Sprints/Hurdles #1 6.30-7.30pm - Junior Sprints/Hurdles #2 5pm - Senior MPC/sprints/Hurdles 6.45pm - Senior Gym	5.30pm - ALL Circular Throwers	5.30-7pm - ALL Jumps & Gym	4.15pm - Circular throws 5pm - Javelin 5pm - Junior Running (coach Ami) 6pm - Senior Hurdles/Sprints 6.30pm - Pole Vault	MULTUS PARTY & PRESENTATION 5:30 - 8pm		8.20am - Pole Vault 9.45am - Circular Throws 10.45am - Javelin 11.45am - Running