

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM
Week 01 – 10 September 2011

Note 1: Do not start any event after 10:30am.

Note 2: Please pack away your allocated duty at completion of events.

Age Group	8.30 – 9.00	9.00 – 9.30	9.30 – 10.00	10.00 – 10.30	Pack Away
TOTS 1	Game	60m Little Hurdles	50m	Jnr Long Jump	Tots Gear
TOTS 2	Game	60m Little Hurdles	50m	Jnr Long Jump	Tots Gear
6 GIRLS	Jnr Long Jump	Jnr Shot Put	300m	70m	Short track markers
6 BOYS	Jnr Long Jump	70m	300m	Jnr Shot Put	Jnr Shot Put
7 GIRLS	70m	Jnr Discus	Jnr Long Jump	100m	Jnr L Jump + Shade
7 BOYS	70m	Jnr Long Jump	Jnr Discus	100m	Shade at 800m
8 GIRLS	Jnr Discus	200m	Jnr Long Jump	70m	Timekeepers Shade
8 BOYS	200m	Jnr Long Jump	70m	Jnr Discus	Jnr Discus + Shade
9 GIRLS	High Jump		Snr Shot Put	60mH	Hurdles
9 BOYS	High Jump		Snr Shot Put	60mH	Hurdles
10 GIRLS	Shot Put	60mH	Long Jump	200m	Shade at 200m
10 BOYS	Shot Put	60mH	Long Jump	200m	Shade at 400m
11 GIRLS	Triple Jump		60mH	100m	Shade at 100m
11 / 12 BOYS	Triple Jump		60mH	100m	Bunting
12 GIRLS	100m	800m	High Jump		High Jump
13's	Discus	100m	200m	Shot Put	Shot Put
14's	100m	Discus	200m	Shot Put	Snr Discus
15's	800m	Shot Put	100m	Long Jump	Long Jump
17's	800m	Shot Put	100m	Long Jump	Long Jump

Please see Garry Dennis (17's) to discuss any programming problems.

Sign On and return sheet at end of day:

Age Group: _____ Age Manager _____

Assistant Age Managers: _____, _____, _____