

**NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM**  
**Week 15 – 28 January 2012**

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

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

**Note 3: 3000m and Walks will commence at 7:30am sharp.**

Age Group	8.30 - 9.00	9.00 – 9.25	9.25 – 9.55	9.55 – 10.20	10.20 – 10.45	Pack Away
TOTS 1	60m Little Hurdles	50m	Game	Jnr Long Jump		Tots Gear
TOTS 2	60m Little Hurdles	Game	50m	Jnr Long Jump		Tots Gear
6 GIRLS	Jnr Long Jump	60m Little Hurdles	100m	Jnr Shot Put	50m	Jnr Shot + Shade
6 BOYS	Jnr Long Jump	100m	50m	Jnr Discus	60m Little Hurdles	Little Hurdles
7 GIRLS	50m	Jnr Long Jump x 2	60m Little Hurdles	100m	Jnr Discus	Jnr Discus + Shade
7 BOYS	100m	Jnr Shot Put	50m	60m Little Hurdles	Jnr Long Jump	Jnr Long Jump
8 GIRLS	Jnr Discus	200m	Jnr Long Jump	70m	60mH	Hurdles
8 BOYS	200m	Jnr Discus	Jnr Long Jump	70m	60mH	Hurdles
9 GIRLS	60mH	Spot Put	800m	High Jump		High Jump
9 BOYS	Shot Put	60mH	800m	High Jump		High Jump
10 GIRLS	Long Jump	60mH	Shot Put	70m	800m	Shade at 800m
10 BOYS	100m	60mH	Long Jump	400m	Shot Put	Shot Put
11 GIRLS	800m	Discus	100m	60mH	Triple Jump	Long Jump
11 / 12 BOYS	1500m	Triple Jump	200m	60mH	Discus	Discus
12 GIRLS	200m	Shot Put	60mH	800m	Triple Jump	Bunting
13's	Discus	800m	High Jump	Long Jump	200m Hurdles	Shade 200m
14's	Long Jump	1500m	High Jump	Shot Put	200m Hurdles	Shade 400m
15's	High Jump	800m	Discus	Long Jump	200m Hurdles	Shade 100m
17's	High Jump	400m	Long Jump	Discus	200m Hurdles	Hurdles

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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: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_