

**NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM**  
**Week 05 – 15 October 2011**

**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	Game	50m	Jnr Long Jump		Tots gear
TOTS 2	60m Little Hurdles	Jnr Long Jump	Game	50m		Little Hurdles
6 GIRLS	50m	Jnr Long Jump	100m	60m Little Hurdles	Jnr Discus	Jnr Discus
6 BOYS	50m	60m Little Hurdles	Jnr Long Jump	100m	Jnr Shot Put	Jnr Shot Put
7 GIRLS	70m	Jnr Shot Put	60m Little Hurdles	100m	Jnr Long Jump x 2	Jnr Long Jump
7 BOYS	Jnr Long Jump	70m	Jnr Discus	100m	50m	Short track markers
8 GIRLS	Jnr Long Jump	100m	200m	Snr Shot Put	700m	Timekeepers shade
8 BOYS	100m	200m	Jnr Long Jump	700m	Snr Shot Put	Shot Put
9 GIRLS	Jnr Discus	70m	100m	Jnr Long Jump	800m	Shade at 800m
9 BOYS	Snr Long Jump	100m	800m	Jnr Discus	70m	Jnr Discus
10 GIRLS	100m	800m	High Jump		Snr Discus	Discus
10 BOYS	Snr Discus	400m	High Jump		70m	Shade at 400m
11 GIRLS	High Jump		Shot Put	800m	Long Jump	Long Jump + Shade
11 / 12 BOYS	High Jump	1500m	Shot Put	200m	Long Jump	Bunting
12 GIRLS	800m	Long Jump	100m	Discus	High Jump	High Jump
13's	100m	Triple Jump	800m	Shot Put	200mH	Shade at 100m
14's	1500m	Discus	200m	Triple Jump	200mH	Shade at 200m
15's	800m	Shot Put	Triple Jump	100m	200mH	Hurdles
17's	100m	Shot Put	400m	Triple Jump	200mH	Hurdles

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