

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM
Week 06 – 22 October 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 – 9.25	9.25 – 9.55	9.55 – 10.20	10.20 – 10.45	Pack Away	
TOTS 1	Jnr Long Jump	Game	50m	60m Little Hurdles	/	Tots Gear	
TOTS 2	Jnr Long Jump	50m	Game	60m Little Hurdles		Tots Gear	
6 GIRLS	70m	Jnr Shot Put	60m Little Hurdles	Jnr Long Jump	200m	Jnr Shot + Shade	
6 BOYS	60m Little Hurdles	Jnr Discus	70m	Jnr Long Jump	200m	Timekeeper Shade	
7 GIRLS	500m	60m Little Hurdles	70m	Jnr Discus	Jnr Long Jump x 2	Long Jump + Shade	
7 BOYS	500m	Jnr Long Jump	70m	Jnr Shot Put	60m Little Hurdles	Little Hurdles	
8 GIRLS	70m	Jnr Long Jump	200m	60mH	Jnr Discus	Jnr Discus + Shade	
8 BOYS	Jnr Discus	200m	Jnr Long Jump	60mH	70m	Short Track Markers	
9 GIRLS	High Jump		Shot Put	60mH	400m	Bunting	
9 BOYS	High Jump		400m	60mH	Shot Put	Shot Put	
10 GIRLS	Shot Put	60mH	400m	Snr Long Jump	70m	Shade at 400m	
10 BOYS	Shot Put	60mH	800m	Snr Long Jump	100m	Shade at 100m	
11 GIRLS	Triple Jump	100m	Discus	400m	60mH	Hurdles	
11 / 12 BOYS	Discus	100m	Triple Jump	60mH	800m	Shade at 800m	
12 GIRLS	60mH	100m	Shot Put	400m	Triple Jump	L Jump + Shade	J A V E L I N
13's	80mH	Long Jump	High Jump	1500m	Discus	Discus	
14's	80 / 90mH	800m	High Jump	Shot Put	Long Jump	Javelin	
15's	90 / 100mH	Discus	Long Jump	1500m	High Jump	High Jump	
17's	100mH	Long Jump	1500m	Discus	High Jump	High 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: _____, _____, _____