

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM
Week 09 – 12 November 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	60m Little Hurdles	Game	50m	/	Tots Gear
TOTS 2	Jnr Long Jump	Game	50m	60m Little Hurdles		Tots Gear
6 GIRLS	Jnr Discus	50m	70m	Jnr Long Jump	60m Little Hurdles	Little Hurdles
6 BOYS	60m Little Hurdles	50m	Jnr Long Jump	Jnr Shot Put	70m	Jnr Shot + Shade
7 GIRLS	500m	Jnr Shot Put	50m	70m	Jnr Long Jump x 2	Jnr Long Jump + Shade
7 BOYS	500m	Jnr Long Jump	60m Little Hurdles	70m	Jnr Discus	Jnr Discus + Shade
8 GIRLS	Snr Shot Put	100m	Jnr Long Jump	700m	70m	Short Track Markers
8 BOYS	70m	100m	Snr Shot Put	700m	Snr Long Jump	Snr Long Jump + Shade
9 GIRLS	70m	Jnr Discus	400m	Jnr Long Jump	100m	Timekeepers Shade
9 BOYS	70m	Jnr Long Jump	400m	Jnr Discus	100m	Bunting
10 GIRLS	High Jump		400m	Snr Discus	100m	Shade at 100m
10 BOYS	Snr Discus	70m	High Jump		800m	Shade at 400m
11 GIRLS	Shot Put	100m	Long Jump	400m	High Jump	High Jump
11 / 12 BOYS	Long Jump	Shot Put	High Jump		800m	Shade at 800m
12 GIRLS	Long Jump	400m	Discus	100m	High Jump	High Jump
13's	80 Hurdles	1500m	Triple Jump	200m	Shot Put	Shot Put
14's	80/90 Hurdles	Triple Jump	800m	100m	Discus	Discus
15's	90/100 Hurdles	Shot Put	1500m	Triple Jump	200m	Javelin
17's	100 Hurdles	1500m	Shot Put	100m	Triple Jump	Shade at 200

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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: _____, _____, _____