

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK #

11

DATE

7th December 2019

AGE GROUP	PERIOD 1 8.25 - 9.00	STARTER	PERIOD 2 9.00 - 9.30	STARTER	PERIOD 3 9.30 - 10.00	STARTER	PERIOD 4 10.00 - 10.30	STARTER	PERIOD 5 10.30 - 11.00	STARTER	PACK AWAY	
TOTS 1	60m Little H		Jnr Long Jump		M-C Discus		Game				Tots Gear	
M-C 1	70m ST1		M-C Discus		200m B4	Jnr S P	50m ST4					
M-C 2	Jnr S P		70m ST1	200m B5	High Jump	50m ST5						
6 GIRLS	100m	A2	Jnr Long Jump		50m	ST2	70m	ST1	M-C Discus		M/C Gear	
6 BOYS	50m	ST2	70m	ST2	Jnr Long Jump		100m	A2	Jnr Shot Put		Jnr Shot put	
7 GIRLS	70m	ST3	Jnr Shot Put		50m	ST1	100m	A1	Jnr Long Jump		Jnr Long Jump	
7 BOYS	100m	A3	Jnr Discus		50m	ST3	70m	ST2	Jnr Long Jump		Short Track Markers	
8 GIRLS	Jnr Long Jump		100m	B1	200m	B1	Shot Put		700m	LD1	Time Keep Shade	
8 BOYS	100m	A1	700m	LD1	Jnr Long Jump		200m	B1	Shot Put		Shot Put	
9 GIRLS	Jnr Discus		70m	ST3	100m	A1	Jnr Long Jump		800m	LD2	Shade @ 800m	
9 BOYS	Jnr Long Jump		100m	B2	800m	LD1	Jnr Discus		70m	ST1	Shade @ 400m	
10 GIRLS	800m	LD1	High Jump (1 1/2 Periods)			200m B3	100m	A4	Jnr Discus		Jnr Discus + Shade	
10 BOYS	Shot Put		200m	B3	400m	B2	High Jump (1 1/2 Periods)			70m ST2	High Jump (10's)	
11 GIRLS	200m	B1	100m	A1	Triple Jump		800m	LD2	Shot Put		Shot Put	
11 BOYS	200m	B2	100m	A2	Discus		400m	B3	Triple Jump		Shade @ 200m	
12 GIRLS	200m	B3	Long Jump		100m	A3	800m	LD1	Discus		Discus	
12 BOYS	1500m	LD2	100m	A3	Shot Put		200m	B2	Long Jump		Long Jump	
13 GIRLS	High Jump (1 1/2 Periods)			800m LD3	100m	A5	Shot Put		200mH	A + B 1	Field Bunting	
13 BOYS	Long Jump		100m	A4	800m	LD2	Discus		200mH	A + B 2	Shade @ 100m	
14 GIRLS	Discus		1500m	LD2	100m A2	High Jump (1 1/2 Periods)			200mH	A + B 3	High Jump Snr	
14/15/17B's	Triple Jump		400m	A5	Shot Put		100m	A3	200/300mH		A + B 4	Hurdles
15/17G's	100m	A4	Shot Put		400m	A4	Triple Jump		300mH	A + B 5	Track Bunting	

STARTER CODE	
A	Starter A
B	Starter B
ST	Short Track Starter
LD	Long Distance Starter
1,2,3 etc	Denotes start order

3000m RUN @ 7:30AM
U13 - U17

HURDLES		
13's	200mH	1 Down
14's	200mH	Full Height
15's	300mH	Full Height
17's	300mH	Full Height

U11-U12 JAVELIN - STARTS AT 11AM

11/12G 400g
11/12B 400g

PGM WEEK	CYCLE
5	2