

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK #

7

DATE

2nd November 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	Jnr Long Jump		M-C Discus		60m Little H		Game				Tots Gear
M-C 1	Jnr Long Jump		500m LD1	High Jump	M-C Discus	70m ST3					
M-C 2	500m LD1	70m ST3	Jnr Shot Put		Snr Long Jump	High Jump					
6 GIRLS	M-C Discus		70m	ST1	Jnr Long Jump		50m	ST2	300m	LD1	Time Keep Shade
6 BOYS	50m	ST1	Jnr Shot Put		70m	ST1	300m	LD1	Jnr Long Jump		Jnr Long Jump
7 GIRLS	100m	A3	Jnr Long Jump		200m	B1	50m	ST1	Jnr Shot Put		Jnr Shot Put
7 BOYS	200m	B3	Jnr Discus		50m	ST2	100m	A1	Jnr Long Jump		Jnr Long Jump
8 GIRLS	Shot Put		100m	A2	700m	LD2	Jnr Long Jump		70m	ST1	Shade @ 100m
8 BOYS	Shot Put		700m	LD4	100m	A1	Jnr Long Jump		70m	ST2	Time Keep Shade
9 GIRLS	800m	LD2	Jnr Long Jump		200m	B2	Jnr Discus		70m	ST3	Short Track Markers
9 BOYS	70m	ST2	800m	LD2	Jnr Long Jump		200m	B1	Jnr Discus		Jnr Discus + Shade
10 GIRLS	Jnr Discus		200m	B1	High Jump (1 1/2 Periods)			100m A5	800m	LD3	High Jump (10s)
10 BOYS	High Jump (1 1/2 Periods)			70m ST2	800m	LD3	Shot Put		200m	B1	Shade @ 200m
11 GIRLS	Long Jump		1500m	LD3	Shot Put		200m	B2	100m	A1	Field Bunting
11 BOYS	Discus		200m	B2	Long Jump		100m	A2	1500m	LD2	Shade @ 800m
12 GIRLS	200m	B1	100m	A1	High Jump (1 1/2 Periods)			1500m LD3	Discus		Discus
12 BOYS	High Jump (1 1/2 Periods)			200m B3	Shot Put		400m	A4	100m	A2	M/C Gear
13 GIRLS	100m	A1	Triple Jump		200m	B3	Shot Put		400m	A3	Shade @ 400
13 BOYS	100m	A2	400m	A3	Discus		200m	B3	High Jump		High Jump Snr
14 GIRLS	200m	B2	Discus		400m	A2	100m	A3	Triple Jump	Long Jump	
14/15/17B's	100m	A4	Long Jump		200m	B4	800m	LD2	Shot Put		Shot Put
15/17G's	100m	A5	Shot Put		800m	LD1	Long Jump		200m	B2	Track Bunting

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

GROUP NOTES

U11-U12 JAVELIN - STARTS AT 11AM

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

PGM WEEK	CYCLE
1	2