

# NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK #

8

DATE

9th 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
<b>TOTS 1</b>	50m		Game		Junior Long Jump		60m Little H				Tots Gear
<b>M-C 1</b>	Jnr Long Jump	300m LD2	100m	A1	High Jump	50m ST3					
<b>M-C 2</b>	High Jump	300m LD3	100m	A2	Jnr Long Jump	50m ST4					
<b>6 GIRLS</b>	Jnr Long Jump		200m	B1	Jnr Shot Put		100m	A2	50m	ST1	Jnr Shot Put
<b>6 BOYS</b>	100m	A3	Jnr Long Jump		200m	B1	M-C Discus		50m	ST2	M/C Gear
<b>7 GIRLS</b>	500m	LD1	Jnr Long Jump		100m	A2	Jnr Discus		70m	ST4	Short track markers
<b>7 BOYS</b>	100m	A2	Jnr Shot Put		500m	LD1	70m	ST1	Jnr Long Jump		Jnr Long Jump
<b>8 GIRLS</b>	Jnr Discus		200m	B2	60mH	ST1	Jnr Long Jump		70m	ST3	Shade @ 400m
<b>8 BOYS</b>	200m	B1	Jnr Discus		60mH	ST2	70m	ST2	Jnr Long Jump		Jnr Long Jump
<b>9 GIRLS</b>	200m	B2	60mH	ST3	High Jump (11/2 Periods)			800m LD2	Shot Put		Shot Put
<b>9 BOYS</b>	High Jump (11/2 Periods)			60mH ST4	Shot Put		200m	B1	800m	LD3	High Jump (9's)
<b>10 GIRLS</b>	Long Jump		60mH	ST2	Shot Put		70m	ST3	800m	LD1	Shade @ 100m
<b>10 BOYS</b>	100m	A1	60mH	ST1	Long Jump		400m	A3	Jnr Discus		Jnr Discus + Shade
<b>11 GIRLS</b>	80mH	ST3	800m	LD1	Discus		100m	A1	Triple Jump		Time Keeper Shade
<b>11 BOYS</b>	80mH	ST4	Shot Put		100m	A1	400m	B2	Triple Jump		Long Jump
<b>12 GIRLS</b>	80mH	ST1	Long Jump		100m	A3	Shot Put		800m	LD2	Field Bunting
<b>12 BOYS</b>	80mH	ST2	Long Jump		200m	B2	1500m	LD1	Discus		Discus
<b>13 GIRLS</b>	Discus		800m LD2	High Jump (1 1/2 Periods)			100m	B3	200mH	A + B 1	High Jump
<b>13 BOYS</b>	Shot Put		800m	LD3	100m	A5	Long Jump		200mH	A + B 2	Shade @ 800m
<b>14 GIRLS</b>	High Jump (1 1/2 Periods)			100m A4	1500m	LD2	Shot Put		200mH	A + B 3	Shade @ 200m
<b>14/15/17B's</b>	Triple Jump		400m	A3	100m	A4	Discus		200/300mH	A + B 4	Hurdles
<b>15/17G's</b>	100m	A4	Discus		400m	B3	Triple Jump		300mH	A + B 5	Track Bunting

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

<b>WALKS @ 7:20AM</b>
U9 - 700m
U12 - U17 - 1500m
<b>WALKS @ 7:40AM</b>
U10 & U11 - 1100m

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

U13 - U17 JAVELIN @ 11:00AM		
<b>13, 14</b>	Girls	<b>400g</b>
<b>15, 17</b>	Girls	<b>500g</b>
<b>13, 14</b>	Boys	<b>600g</b>
<b>15, 17</b>	Boys	<b>700g</b>

HURDLES JUNIOR		
8's	60mH	Lowest
9's	60mH	Lowest
10's	60mH	2 Down
11's	80mH	2 Down
12's	80mH	1 Down

PGM WEEK	CYCLE
2	2