

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK # **2**

DATE **21st September 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	50m		Game		Junior Long Jump		60m Little H				Tots Gear
M-C 1	Jnr Long Jump	300m LD2	100m	A1	High Jump	50m ST3					
M-C 2	High Jump	300m LD3	100m	A2	Jnr Long Jump	50m ST4					
6 GIRLS	Jnr Long Jump		200m	B1	Jnr Shot Put		100m	A2	50m	ST1	Jnr Shot Put
6 BOYS	100m	A3	Jnr Long Jump		200m	B1	M-C Discus		50m	ST2	M/C Gear
7 GIRLS	500m	LD1	Jnr Long Jump		100m	A2	Jnr Discus		70m	ST4	Short track markers
7 BOYS	100m	A2	Jnr Shot Put		500m	LD1	70m	ST1	Jnr Long Jump		Jnr Long Jump
8 GIRLS	Jnr Discus		200m	B2	60mH	ST1	Jnr Long Jump		70m	ST3	Shade @ 400m
8 BOYS	200m	B1	Jnr Discus		60mH	ST2	70m	ST2	Jnr Long Jump		Jnr Long Jump
9 GIRLS	200m	B2	60mH	ST3	High Jump (11/2 Periods)			800m LD2	Shot Put		Shot Put
9 BOYS	High Jump (11/2 Periods)			60mH ST4	Shot Put		200m	B1	800m	LD3	High Jump (9's)
10 GIRLS	Long Jump		60mH	ST2	Shot Put		70m	ST3	800m	LD1	Shade @ 100m
10 BOYS	100m	A1	60mH	ST1	Long Jump		400m	A3	Jnr Discus		Jnr Discus + Shade
11 GIRLS	80mH	ST3	800m	LD1	Discus		100m	A1	Triple Jump		Long Jump
11 BOYS	80mH	ST4	Shot Put		100m	A1	400m	B2	Triple Jump		Long Jump
12 GIRLS	80mH	ST1	Long Jump		100m	A3	Shot Put		800m	LD2	Field Bunting
12 BOYS	80mH	ST2	Long Jump		200m	B2	1500m	LD1	Discus		Discus
13 GIRLS	Discus		800m LD2	High Jump (1 1/2 Periods)			100m	B3	200mH	A + B 1	Time Keep Shade
13 BOYS	Shot Put		800m	LD3	100m	A5	Long Jump		200mH	A + B 2	Shade @ 800m
14 GIRLS	High Jump (1 1/2 Periods)			100m A4	1500m	LD2	Shot Put		200mH	A + B 3	Shade @ 200m
14/15/17B's	Triple Jump		400m	A3	100m	A4	Discus		200/300mH	A + B 4	Hurdles
15/17G's	100m	A4	Discus		400m	B3	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

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

GROUP NOTES

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

PGM WEEK	CYCLE
2	1