

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK # **3**

DATE **28th 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	60m Little H		Jnr Long Jump		M-C Discus		50m				Tots Gear			
M-C 1	Jnr Long Jump		High Jump		70m ST5		200m B3		50m ST3					
M-C 2	Jnr Shot Put		70m ST1		High Jump		200m B4		50m ST4					
6 GIRLS	M-C Discus		70m		ST2		200m		B1		Jnr Long Jump	50m	ST2	Short Track Markers
6 BOYS	50m		ST1		200m		B1		Jnr Long Jump		70m	ST3	Jnr Shot Put	Jnr Shot Put
7 GIRLS	500m		LD2		Jnr Shot Put		70m		ST1		50m	ST1	Jnr Long Jump	Jnr Long Jump
7 BOYS	500m		LD1		Jnr Long Jump		70m		ST2		50m	ST2	Jnr Discus	Jnr Discus
8 GIRLS	Shot Put		200m		B3		Jnr Long Jump		700m		LD1	70m	ST1	Shade @ 400m
8 BOYS	70m		ST2		200m		B2		Shot Put		700m	LD2	Jnr Long Jump	Jnr Long Jump
9 GIRLS	70m		ST3		Jnr Discus		100m		A2		Jnr Long Jump	400m	A2	M/C Gear
9 BOYS	Jnr Long Jump		70m		ST3		100m		A1		Jnr Discus	400m	A1	Time Keep Shade
10 GIRLS	Jnr Discus		70m		ST4		400m A4		High Jump (1 1/2 Periods)		100m	A3	High Jump (10's)	
10 BOYS	High Jump (1 1/2 Periods)		70m		ST6		100m		A3		Shot Put	800m	LD1	Track Bunting
11 GIRLS	Shot Put		200m		B4		High Jump (1 1/2 Periods)		100m A4		400m	A4	High Jump	
11 BOYS	High Jump (1 1/2 Periods)		800m		LD3		Discus		100m		A2	200m	B1	Field Bunting
12 GIRLS	Discus		400m		A1		Triple Jump		100m		B3	200m	B2	Shade @ 100m
12 BOYS	Triple Jump		100m		A2		200m		B2		Shot Put	800m	LD2	Shade @ 800m
13 GIRLS	80m Hurdles		A + B 1		1500m		LD1		Long Jump		200m	B1	Shot Put	Shot Put
13 BOYS	80m Hurdles		A + B 2		Discus		1500m		LD1		200m	B2	Triple Jump	Long Jump
14 GIRLS	80m Hurdles		A + B 3		Long Jump		800m		LD2		100m	A1	Discus	Discus
14/15/17B's	13B - 80m Hurdles 14B - 90m Hurdles		A + B 4		Shot Put		1500m		LD3		High Jump	200m	B3	Shade @ 200m
15/17G's	15G - 90m Hurdles 15B - 100m Hurdles 17G - 100m Hurdles 17B - 110m Hurdles		A + B 5		1500m		LD2		Shot Put		100m	A3	High Jump	High Jump Snr

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

GROUP NOTES

U11-U12 JAVELIN - STARTS AT 11AM

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

PGM WEEK	CYCLE
3	1