

## NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK #

5

DATE

19th October 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	Hurdles
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

<b>STARTER CODE</b>	
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

<b>PGM WEEK</b>	<b>CYCLE</b>
5	1