

## NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK # **Wet Weather 1**

DATE

AGE GROUP	PERIOD 1 8.30 - 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>	Game		60m Little H		Jnr Long Jump		50m				Tots Gear
<b>M-C</b>	M-C Discus		70m ST1	300m LD4	Jnr Long Jump	50m ST3					
<b>6 GIRLS</b>	Jnr Long Jump		100m	A1	70m	ST1	Jnr Shot Put		300m	LD1	
<b>6 BOYS</b>	100m	A1	Jnr Long Jump		70m	ST2	300m	LD1	Jnr Shot Put		Jnr S P
<b>7 GIRLS</b>	Jnr Shot Put		70m	ST2	100m	A1	Jnr Long Jump		500m	LD2	
<b>7 BOYS</b>	70m	ST1	Jnr Shot Put		100m	A3	500m	LD3	Jnr Long Jump		Jnr L J
<b>8 GIRLS</b>	Jnr Long Jump		70m	ST3	700m	LD1	Jnr Discus		100m	A1	
<b>8 BOYS</b>	100m	A2	Jnr Long Jump		700m	LD3	70m	ST1	Jnr Discus		Jnr Discus
<b>9 GIRLS</b>	100m	A3	Jnr Discus		800m	LD4	70m	ST2	Jnr Long Jump		Jnr L J
<b>9 BOYS</b>	Jnr Discus		70m	ST4	800m	LD2	Jnr Long Jump		100m	A2	
<b>10 GIRLS</b>	Long Jump		800m	LD3	Shot Put		100m	A3	70m	ST1	
<b>10 BOYS</b>	Long Jump		800m	LD2	100m	A2	Shot Put		70m	ST2	
<b>11 GIRLS</b>	200m	B1	Long Jump		100m	A4	800m	LD2	Discus		Discus
<b>11 BOYS</b>	200m	B2	Long Jump		100m	A5	Discus		800m	LD3	
<b>12 GIRLS</b>	800m	LD1	200m	B1	Shot Put		100m	A2	Long Jump		LJ
<b>12 BOYS</b>	800m	LD3	Shot Put		200m	B1	100m	A1	Long Jump		LJ
<b>13's</b>	800m	LD4	Discus		200m	B2	Long Jump		100m	A3	
<b>14 GIRLS</b>	Discus		100m	A3	200m	B3	Long Jump		800m	LD4	
<b>14/15/17B'S</b>	Shot Put		800m	LD1	Long Jump		100m	A4	200m	B1	
<b>15/17G's</b>	800m	LD2	100m	A2	Long Jump		200m	B1	Shot Put		S P

<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

**NOTES**

2 x LD Starters required

## NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK # Wet Weather 2

DATE

AGE GROUP	PERIOD 1 8.30 - 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>	Game		60m Little H		Jnr Long Jump		50m				Tots Gear
<b>M-C</b>	M-C Discus		70m <i>ST1</i>	300m <i>LD4</i>	Jnr Long Jump	50m <i>ST4</i>					
<b>6 GIRLS</b>	Jnr Long Jump		100m	<i>A2</i>	M-C Discus		70m	<i>ST3</i>	300m	<i>LD1</i>	
<b>6 BOYS</b>	100m	<i>A1</i>	Jnr Long Jump		70m	<i>ST3</i>	300m	<i>LD1</i>	M-C Discus		M-C Discus
<b>7 GIRLS</b>	Jnr Discus		100m	<i>A3</i>	70m	<i>ST1</i>	Jnr Long Jump		500m	<i>LD2</i>	
<b>7 BOYS</b>	70m	<i>ST1</i>	Jnr Discus		100m	<i>A3</i>	500m	<i>LD3</i>	Jnr Long Jump		Jnr L J
<b>8 GIRLS</b>	Jnr Long Jump		70m	<i>ST2</i>	700m	<i>LD1</i>	Shot Put		100m	<i>A1</i>	
<b>8 BOYS</b>	100m	<i>A2</i>	Jnr Long Jump		700m	<i>LD3</i>	70m	<i>ST1</i>	Shot Put		Shot Put
<b>9 GIRLS</b>	100m	<i>A3</i>	Shot Put		800m	<i>LD4</i>	70m	<i>ST2</i>	Jnr Long Jump		Jnr L J
<b>9 BOYS</b>	Shot Put		70m	<i>ST3</i>	800m	<i>LD2</i>	Jnr Long Jump		100m	<i>A2</i>	
<b>10 GIRLS</b>	Long Jump		800m	<i>LD3</i>	Jnr Discus		100m	<i>A3</i>	70m	<i>ST1</i>	
<b>10 BOYS</b>	Long Jump		800m	<i>LD2</i>	70m	<i>ST2</i>	Jnr Discus		100m	<i>A4</i>	Jnr Discus
<b>11 GIRLS</b>	200m	<i>B1</i>	Long Jump		100m	<i>A4</i>	800m	<i>LD2</i>	Shot Put		Shot Put
<b>11 BOYS</b>	200m	<i>B2</i>	Long Jump		100m	<i>A5</i>	Shot Put		800m	<i>LD3</i>	
<b>12 GIRLS</b>	800m	<i>LD1</i>	200m	<i>B1</i>	Discus		100m	<i>A2</i>	Long Jump		LJ
<b>12 BOYS</b>	800m	<i>LD3</i>	Discus		200m	<i>B1</i>	100m	<i>A1</i>	Long Jump		LJ
<b>13's</b>	800m	<i>LD4</i>	Shot Put		200m	<i>B2</i>	Long Jump		100m	<i>A3</i>	
<b>14 GIRLS</b>	Shot Put		200m	<i>B2</i>	100m	<i>A1</i>	Long Jump		800m	<i>LD4</i>	
<b>14/15/17B'S</b>	Discus		800m	<i>LD1</i>	Long Jump		100m	<i>A4</i>	200m	<i>B1</i>	
<b>15/17G's</b>	800m	<i>LD2</i>	100m	<i>A1</i>	Long Jump		200m	<i>B1</i>	Discus		Discus

<b>STARTER CODE</b>	
<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

**NOTES**

2 x LD Starters required