

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK #

10

DATE

23rd 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
TOTS 1	50m		Game		60m Little H		Jnr Long Jump				Tots Gear
M-C 1	100m	A1	M-C Discus	500m LD2	High Jump	50m ST2					
M-C 2	100m	A2	Jnr Long Jump	500m LD3	M-C Discus	50m ST1					
6 GIRLS	Jnr Long Jump		100m	A2	Jnr Shot Put		70m	ST3	300m	LD1	Jnr Shot Put
6 BOYS	100m	A3	Jnr Long Jump		300m	LD2	70m	ST1	M-C Discus		Short Track Markers
7 GIRLS	200m	B2	Jnr Discus		100m	A4	70m	ST2	Jnr Long Jump		Jnr Long Jump
7 BOYS	Jnr Shot Put		200m	B1	Jnr Long Jump		70m	ST4	100m	A1	Track Markers
8 GIRLS	Jnr Long Jump		60mH	ST3	400m	A2	Jnr Discus		100m	A4	Shade @ 100m
8 BOYS	Jnr Discus		60mH	ST4	Jnr Long Jump		400m	A1	100m	A2	Field Markers
9 GIRLS	Shot Put		60mH	ST5	800m LD1		High Jump (1 1/2 Periods)		200m	B4	High Jump (9's)
9 BOYS	High Jump (1 1/2 Periods)			60mH ST6	200m	B3	Shot Put		800m	LD3	Shade @ 800m
10 GIRLS	800m	LD2	60mH	ST2	Long Jump		200m	B2	Shot Put		Snr Shot Put
10 BOYS	800m	LD1	60mH	ST1	Long Jump		200m	B1	Jnr Discus		Jnr Discus + Shade
11 GIRLS	80mH	ST3	Discus		200m	B2	Long Jump		1500m	LD2	Shade @ 400m
11 BOYS	80mH	ST4	Long Jump		1500m	LD3	Shot Put		200m	B3	M/C Gear
12 GIRLS	80mH	ST1	Shot Put		200m	B1	1500m	LD1	High Jump		High Jump
12 BOYS	80mH	ST2	High Jump (1 1/2 Periods)			100m A5	400m	A3	Discus		Discus
13 GIRLS	Discus		400m	A3	100m	A3	Triple Jump		200m	B1	Shade @ 200m
13 BOYS	400m	A4	Shot Put		200m	B3	High Jump (1 1/2 Periods)			100m A5	High Jump
14 GIRLS	Triple Jump		200m	B2	Shot Put		400m	A2	100m	A3	Long Jump
14/15/17B's	200m	B1	100m	A1	Discus		800m	LD2	Long Jump		Time Keep Shade
15/17G's	Long Jump		800m	LD1	100m	A1	Discus		200m	B2	Time Keep Shade

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	

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

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

PGM WEEK	CYCLE
4	2