

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM 1

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
MC 1	Shot Put 3	200m B4	70m ST1		High Jump (Scissor)	50m ST4					
Tots	Game		Run/Hurdle		Game		Long Jump	Rear Pit			Tots Equipment
6 GIRLS	Jnr Long Jump 3		70m	ST2	Discus 1		50m	ST2	300m	LD1	Circular Time Keep Shade
6 BOYS	50m	ST1	Shot Put 1		70m	ST2	300m	LD1	Jnr Long Jump 3		Long Jump Junior
7 GIRLS	200m	B2	Jnr Long Jump 3		100m	A1	50m	ST1	Shot Put 1		Shot Put 1 + Shade
7 BOYS	Jnr Long Jump 4		200m	B5	50m	ST3	100m	A1	Discus 1		Discus 1 + Bunting
8 GIRLS	Shot Put 1		100m	A1	Jnr Long Jump 3		200m	B1	70m	ST1	Inner Track Bunting
8 BOYS	Shot Put 2		200m	B3	100m	A2	Jnr Long Jump 3		70m	ST2	Inner Track Shade
9 GIRLS	800m	LD1	Discus 2		100m	A3	Jnr Long Jump 4		70m	ST3	Straight Time Keep Shade
9 BOYS A	70m	ST2	Jnr Long Jump 4		Shot Put 2		100m	A2	800m	LD2	Circular Time Keep Shade
9 BOYS B	70m	ST2	Shot Put 2		Jnr Long Jump 4		100m	A2	800m	LD3	Circular Time Keep Shade
10 GIRLS	800m	LD2	200m	B2	70m ST1		High Jump Scissor (1 1/2 Periods)		Discus 2		Discus 2 + Bunting
10 BOYS	High Jump Scissor (1 1/2 Periods)			70m ST3	800m	LD1	Discus 2		200m	B1	Shade @ 200m
11 GIRLS	Long Jump 1		1500m	LD2	Shot Put 3		200m	B2	High Jump		High Jump + Shade
11 BOYS	Long Jump 2		200m	B4	High Jump (1 1/2 Periods)			1500m LD3	Discus 3		S/Put Discus 3 + Shade
12 GIRLS	High Jump (1 1/2 Periods)			100m A2	Discus 2		1500m	LD2	Long Jump 1		Long Jump Senior
12 BOYS	100m	A1	200m	B1	Triple Jump 1		400m	A4	Shot Put 2		Shot Put 2 + Shade
13 GIRLS	100m	A2	Triple Jump 1		200m	B2	Shot Put 2		400m	A1	Circular Time Keep Shade
13 BOYS	Discus 3		1500m LD1		High Jump (1 1/2 Periods)		Long Jump 1		200m	B4	Long Jump Bunting
14 GIRLS	100m	A3	Discus 3		200m	B3	Triple Jump 2		400m	A2	Scissor Mats + Shade
14 BOYS	High Jump (1 1/2 Periods)			1500m LD3	Long Jump 2		Shot Put 3		200m	B3	Scissor Mats + Shade
15's	200m	B1	Shot Put 3		100m	A4	400m	A3	Triple Jump 2		Long Jump Shades
17's	100m	A4	Triple Jump 2		800m	LD2	Discus 3		200m	B2	Shade @ 100m x2

STARTER CODE	
A	Starter A
B	Starter B
ST	Short Track Starter
LD	Long Distance Starter
1,2,3 etc	Denotes start order

3000m & WALKS ALTERNATING WEEKLY	
3000m RUN	WALKS
U13-U17 7:30AM	U9 700M & U12-U17 1500M @ 7:20AM U10-U11 1100M @ 7:40AM

HURDLES	SENIOR	
13's	200mH	1 Down
14's	200mH	Full Height
15's	300mH	Full Height
17's	300mH	Full Height

JAVELIN EVENTS ALTERNATING WEEKLY - STARTING 11AM		
U11-U12 JAVELIN	U13-U17 JAVELIN	
11/12G 400g	13/14G - 400g	15/17G - 500g
11/12B 400g	13/14B - 600g	15/17B - 600g

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

HURDLES	SENIOR	
13G's; 13B's; 14G's	80mH	Full Height
14B's; 15G's	90mH	Full Height
15B's; 17G's	100mH	Full Height
17B's	110mH	Full Height