NORTH ROCKS CARLINGFORD LITTLE ATHLETICS
PROGRAM 6

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	Jnr Long Jump 3	50m *ST5*	300m	LD1	Shot Put 1	100m *A3*					
Tots	Game		Run/Hurdle		Game		Long Jump 5	***Rear Pit***			Tots Equipment
6 GIRLS	Shot Put 1		200m	*B2*	70m	*ST3*	Jnr Long Jump 3		50m	*ST1*	Inner Track Bunting
6 BOYS	Discus 1		200m	*B1*	50m	*ST4*	Jnr Long Jump 4		70m	*ST2*	Inner Track Shade
7 GIRLS	500m	*LD2*	Jnr Long Jump 3		100m	*A2*	70m	*ST2*	Discus 1		S/Put/Discus 1 + Bunting
7 BOYS	500m	*LD1*	Jnr Long Jump 4		70m	*ST5*	Shot Put 1		100m	*B1*	Long Jump Bunting
8 GIRLS	60mH	*ST5*	400m	*A1*	Jnr Long Jump 3		Discus 2		100m	*B2*	Hurdles
8 BOYS	60mH	*ST4*	Discus 1		400m	*A5*	100m	*A1*	Jnr Long Jump 3		Long Jump Junior
9 GIRLS	60mH	*ST3*	400m	*A2*	High Jump Scissor (1 1/2 Periods)			200m *B2*	Shot Put 2		Shot Put 2 + Shade
9 BOYS A	60mH	*ST2*	Discus 2		200m	*B1*	400m	*B1*	High Jump Scissor		Scissor Mats + Shade
9 BOYS B	60mH *ST1*		High Jump Scissor (1 1/2 Periods)		200m	*B1*	400m	*B1*	Discus 2		Discus 2 + Bunting
10 GIRLS	Jnr Long Jump 4		60mH	*ST1*	400m	*A4*	Shot Put 2		100m	*B3*	Shade @ 100m
10 BOYS	Shot Put 2		60mH	*ST2*	Jnr Long Jump 4		100m	*A2*	800m	*LD2*	Circular Time Keep Shade
11 GIRLS	Discus 2		80mH	*ST3*	Triple Jump 1		100m	*A3*	400m	*A1*	Hurdles
11 BOYS	Triple Jump 1		80mH	*ST4*	Shot Put 3		100m	*A4*	800m	*LD1*	Hurdles
12 GIRLS	Triple Jump 2		200m	*B3*	80mH	*ST1*	Shot Put 3		400m	*A2*	Circular Time Keep Shade
12 BOYS	High Jump (1 1/2 Periods)			800m *LD2*	80mH	ST2	Discus 3		Long Jump 1		Long Jump Senior
13 GIRLS	100m	*A1*	High Jump (1 1/2 Periods)			1500m *LD3*	Long Jump 1		Discus 3		Shade @ 200m
13 BOYS	200m	*B1*	Shot Put 2		100m	*A1*	800m	*LD1*	Triple Jump 2		Long Jump Shades
14 GIRLS	100m	*A2*	Long Jump 1		800m *LD1*	High Jump (1 1/2 Periods)			Shot Put 3		S/Put Discus 3 + Shade
14 BOYS	200m	*B2*	Triple Jump 2		Discus 3		800m	*LD2*	100m	*B4*	Circular Time Keep Shade
15's	100m	*A3*	Discus 3		800m	*LD2*	Long Jump 2		High Jump		High Jump + Shade
17's	200m	*B3*	Shot Put 3		Long Jump 2		1500m	*LD3*	High Jump		High Jump + Shade

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	U9 700M & U12-U17 1500M @ 7:20AM
7:30AM	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