

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK #

12

DATE

14th December 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	Game		60m Little H		50m		Jnr Long Jump				Tots Gear
M-C 1	Jnr Long Jump	300m LD3	High Jump		Jnr Shot Put	70m ST4					
M-C 2	Jnr Long Jump	High Jump		300m LD3	M-C Discus	70m ST5					
6 GIRLS	Jnr Shot Put		300m	LD2	Jnr Long Jump		50m	ST1	200m	B1	M/C Gear
6 BOYS	M-C Discus		300m	LD1	50m	ST1	Jnr Long Jump		200m	B2	Shade @ 200m
7 GIRLS	500m	LD2	Jnr Discus		70m	ST2	200m	B1	Jnr Long Jump		Jnr Long Jump
7 BOYS	500m	LD1	Jnr Long Jump		70m	ST3	Jnr Shot Put		200m	B3	Jnr Shot Put
8 GIRLS	60mH	ST1	Jnr Long Jump		400m	B2	Jnr Discus		70m	ST1	Short Track Markers
8 BOYS	60mH	ST2	400m	B1	Jnr Long Jump		70m	ST2	Jnr Discus		Jnr Discus + Shade
9 GIRLS	60mH	ST3	400m	A1	Shot Put		100m A1	High Jump			High Jump (9's)
9 BOYS	60mH	ST4	High Jump (1 1/2 Periods)			100m A5	400m	A4	Shot Put		Shot Put
10 GIRLS	60mH	ST5	Shot Put		400m	B3	Long Jump		70m	ST2	Shade @ 400m
10 BOYS	Jnr Discus		60mH	ST1	800m	LD1	Long Jump		100m	A1	Shade @ 100m
11 GIRLS	High Jump (1 1/2 Periods)			80mH ST2	100m	A2	Discus		400m	A3	Track Bunting
11 BOYS	High Jump (1 1/2 Periods)			80mH ST3	100m	A3	Shot Put		800m	LD2	Time Keep Shade
12 GIRLS	Triple Jump		80mH	ST4	100m	A4	Shot Put		400m	A2	Field Bunting
12 BOYS	Discus		80mH	ST5	Triple Jump		100m	A3	800m	LD1	Shade @ 800m
13 GIRLS	80m Hurdles	A + B 1	Long Jump		100m	A1	1500m	LD1	Discus		Discus
13 BOYS	80m Hurdles	A + B 2	Triple Jump		1500m	LD3	100m	A2	Shot Put		Shot Put
14 GIRLS	80m Hurdles	A + B 3	Shot Put		200m	B1	800m	LD2	Long Jump		Long Jump
14/15/17B's	13B - 80m Hurdles 14B - 90m Hurdles	A + B 4	100m	A2	Discus		1500m	LD3	High Jump		High Jump
15/17G's	15G - 90m Hurdles 15B - 100m Hurdles 17G - 100m Hurdle 17B - 110m Hurdles	A + B 5	Discus		1500m	LD2	200m	B2	High Jump		High Jump

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
6	2

HURDLES	SENIOR	Full Height
13's / 14G's	80mH	Yellow
14B's / 15G's	90mH	Blue
15B's / 17G's	100mH	Orange
17B's	110mH	Purple