

**NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM**

**WEEK # 14**

**DATE 25th January 2020**

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

<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

<b>WALKS @ 7:20AM</b>
U9 - 700m
U12 - U17 - 1500m
<b>WALKS @ 7:40AM</b>
U10 & U11 - 1100m

<b>HURDLES JUNIOR</b>		
8's	60mH	Lowest
9's	60mH	Lowest
10's	60mH	2 Down
11's	80mH	2 Down
12's	80mH	1 Down

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

<b>PGM WEEK</b>	<b>CYCLE</b>
2	3

<b>HURDLES SENIOR</b>		
13's	200mH	1 Down
14's	200mH	Full Height
15's	300mH	Full Height
17's	300mH	Full Height