

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK # **15**

DATE **1st February 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	60m Little H		Jnr Long Jump		M-C Discus		50m				Tots Gear					
M-C 1	Jnr Long Jump		High Jump		70m ST5		200m B2		50m ST3							
M-C 2	Jnr Shot Put		70m ST1		High Jump		200m B3		50m ST4							
6 GIRLS	M-C Discus		70m		ST2		200m		B1		Jnr Long Jump	50m	ST2	Short Track Markers		
6 BOYS	50m		ST1		200m		B1		Jnr Long Jump		70m	ST3	Jnr Shot Put	Jnr Shot Put		
7 GIRLS	500m		LD2		Jnr Shot Put		70m		ST1		50m	ST1	Jnr Long Jump	Jnr Long Jump		
7 BOYS	500m		LD1		Jnr Long Jump		70m		ST2		50m	ST2	Jnr Discus	Jnr Discus		
8 GIRLS	Shot Put		700m		LD1		Jnr Long Jump		200m		B2		70m	ST1	Shade @ 400m	
8 BOYS	70m		ST2		700m		LD2		Shot Put		200m		B1	Jnr Long Jump	Jnr Long Jump	
9 GIRLS	70m		ST3		Jnr Discus		100m		A2		Jnr Long Jump		400m	A2	M/C Gear	
9 BOYS	Jnr Long Jump		70m		ST3		100m		A1		Jnr Discus		400m	A1	Time Keep Shade	
10 GIRLS	Jnr Discus		70m		ST4		400m A4		High Jump (1 1/2 Periods)			100m		A3	High Jump (10's)	
10 BOYS	High Jump (1 1/2 Periods)			70m ST6		100m		A5		Shot Put		800m		LD1	Track Bunting	
11 GIRLS	Long Jump		400m		A2		100m A3		High Jump (1 1/2 Periods)			Shot Put			Shot Put	
11 BOYS	Triple Jump		800m		LD3		Discus		100m		A1		200m		B1	Field Bunting
12 GIRLS	Discus		400m A1		High Jump (1 1/2 Periods)			200m		B3		Long Jump			Long Jump	
12 BOYS	High Jump (1 1/2 Periods)			200m B2		Long Jump		Shot Put				800m		LD2	Shade @ 800m	
13 GIRLS	80m Hurdles		A + B 1		Shot Put		1500m		LD1		Triple Jump		200m		B2	Shade @ 200m
13 BOYS	80m Hurdles		A + B 2		High Jump (1 1/2 Periods)			1500m LD3		Long Jump		Discus			Discus	
14 GIRLS	80m Hurdles		A + B 3		Triple Jump		800m		LD2		Discus		200m		B3	Shade @ 100m
14/15/17B's	14B - 90m H 15B - 100m H 17B - 110m H		A + B 4		Long Jump		Shot Put		1500m LD1		High Jump (1 1/2 Periods)				High Jump	
15/17 GIRLS	15G - 90m H 17G - 100m H		A + B 5		Shot Put		200m		B4		1500m		LD2		Triple Jump	Track Bunting

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

3000m RUN @ 7:30AM U13 - U17
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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

U11-U12 JAVELIN - STARTS AT 11AM 11/12G 400g 11/12B 400g

PGM WEEK	CYCLE
3	3