

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK # **16**

DATE **15th 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	50m		Game		60m Little H		Jnr Long Jump				Tots Gear
M-C 1	100m	A1	M-C Discus	500m LD2	High Jump	50m ST2					
M-C 2	100m	A2	Jnr Long Jump	500m LD3	M-C Discus	50m ST1					
6 GIRLS	Jnr Long Jump		100m	A1	Jnr Shot Put		70m	ST3	300m	LD1	Jnr Shot Put
6 BOYS	100m	A3	Jnr Long Jump		300m	LD2	70m	ST1	M-C Discus		Short Track Markers
7 GIRLS	200m	B1	Jnr Discus		100m	A2	70m	ST2	Jnr Long Jump		Jnr Long Jump
7 BOYS	Jnr Shot Put		200m	B1	70m	ST3	Jnr Long Jump		100m	A1	Track Markers
8 GIRLS	Jnr Long Jump		60mH	ST3	400m	B2	Jnr Discus		100m	A4	Shade @ 100m
8 BOYS	Jnr Discus		60mH	ST4	Jnr Long Jump		400m	A1	100m	A2	Field Markers
9 GIRLS	Shot Put		60mH	ST5	800m LD1		High Jump (1 1/2 Periods)		200m	B3	High Jump (9's)
9 BOYS	High Jump (1 1/2 Periods)		60mH ST6		200m	B3	Shot Put		800m	LD3	Shade @ 800m
10 GIRLS	800m	LD2	60mH	ST2	Shot Put		200m	B2	Jnr Long Jump		Jnr Long Jump
10 BOYS	800m	LD1	60mH	ST1	Long Jump		200m	B1	Jnr Discus		Jnr Discus + Shade
11 GIRLS	80mH	ST3	Discus		100m	A1	Triple Jump		1500m	LD2	Shade @ 400m
11 BOYS	80mH	ST4	Long Jump		1500m	LD1	Shot Put		High Jump		High Jump
12 GIRLS	80mH	ST1	100m	A3	Shot Put		1500m	LD1	Triple Jump		Long Jump
12 BOYS	80mH	ST2	Triple Jump		400m	B1	Discus		100m	A3	Track Bunting
13 GIRLS	Discus		400m	B2	High Jump (1 1/2 Periods)			100m A4	Long Jump		Shade @ 200m
13 BOYS	400m	B2	Shot Put		100m	A3	Triple Jump		200m	B1	M/C Gear
14 GIRLS	High Jump (1 1/2 Periods)			100m A4	Long Jump		400m	A2	Shot Put		Shot Put
14/15/17B's	Triple Jump		100m	A2	Discus		800m	LD2	200m	B2	Time Keep Shade
15/17 GIRLS	Long Jump		800m LD1	High Jump (1 1/2 Periods)			100m	A3	Discus		Discus

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
4	3