

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK # **17**

DATE **22nd 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		Game				Tots Gear			
M-C 1	70m ST1		M-C Discus		200m B4		Jnr S P		50m ST4					
M-C 2	Jnr S P		70m ST1		200m B5		High Jump		50m ST5					
6 GIRLS	100m	A2	Jnr Long Jump		50m		ST2		70m		ST1	M-C Discus	M/C Gear	
6 BOYS	50m	ST2	70m		ST2		Jnr Long Jump		100m		A2	Jnr Shot Put	Jnr Shot put	
7 GIRLS	70m	ST3	Jnr Shot Put		50m		ST1		100m		A1	Jnr Long Jump	Jnr Long Jump	
7 BOYS	100m	A3	Jnr Discus		50m		ST3		70m		ST2	Jnr Long Jump	Short Track Markers	
8 GIRLS	Jnr Long Jump		100m		A2		200m		B2		Shot Put	700m	LD1	Time Keep Shade
8 BOYS	100m	A1	700m		LD1		Jnr Long Jump		200m		B1	Shot Put	Shot Put	
9 GIRLS	Jnr Discus		70m		ST3		100m		A1		Jnr Long Jump	800m	LD2	Shade @ 800m
9 BOYS	Jnr Long Jump		100m		A3		800m		LD1		Jnr Discus	70m	ST1	Shade @ 400m
10 GIRLS	800m	LD1	High Jump (1 1/2 Periods)				200m B3		100m		A3	Jnr Discus		Jnr Discus + Shade
10 BOYS	Shot Put		100m		A1		400m		B1		High Jump (1 1/2 Periods)		70m ST2	High Jump (10's)
11 GIRLS	Shot Put		200m		B1		Long Jump		800m LD2		High Jump (1 1/2 Periods)		High Jump	
11 BOYS	200m	B1	Discus		100m		A4		400m		A4	Triple Jump	Shade @ 100m	
12 GIRLS	200m	B2	Long Jump		Discus		800m LD1		High Jump (1 1/2 Periods)			Shade @ 200m		
12 BOYS	1500m	LD2	Shot Put		High Jump (1 1/2 Periods)				200m B2		Long Jump	Long Jump		
13 GIRLS	Triple Jump		100m		A4		800m		LD2		Shot Put	200mH	A + B 1	Field Bunting
13 BOYS	High Jump (1 1/2 Periods)				800m LD3		Long Jump		Discus		200mH	A + B 2	Discus	
14 GIRLS	Discus		1500m		LD2		100m		A2		Triple Jump	200mH	A + B 3	Track Bunting
14/15/17B's	High Jump (1 1/2 Periods)				400m B3		Shot Put		Long Jump		200/300mH	A + B 4	Hurdles	
15/17 GIRLS	Triple Jump		400m		B2		100m		A3		Shot Put	300mH	A + B 5	Shot Put

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		
13's	200mH	1 Down
14's	200mH	Full Height
15's	300mH	Full Height
17's	300mH	Full Height

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

PGM WEEK	CYCLE
5	3