

NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK #

9

DATE

16th November 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	60m Little H		Jnr Long Jump		M-C Discus		50m				Tots Gear
M-C 1	Jnr Long Jump		High Jump		70m ST5		200m B3		50m ST3		
M-C 2	Jnr Shot Put		70m ST1		High Jump		200m B4		50m ST4		
6 GIRLS	M-C Discus		70m		ST2		200m		B1		Jnr Long Jump
6 BOYS	50m		ST1		200m		B1		Jnr Long Jump		70m
7 GIRLS	500m		LD2		Jnr Shot Put		70m		ST1		50m
7 BOYS	500m		LD1		Jnr Long Jump		70m		ST2		50m
8 GIRLS	Shot Put		200m		B3		Jnr Long Jump		700m		LD1
8 BOYS	70m		ST2		200m		B2		Shot Put		700m
9 GIRLS	70m		ST3		Jnr Discus		100m		A2		Jnr Long Jump
9 BOYS	Jnr Long Jump		70m		ST3		100m		A1		Jnr Discus
10 GIRLS	Jnr Discus		70m		ST4		400m A4		High Jump (1 1/2 Periods)		100m
10 BOYS	High Jump (1 1/2 Periods)				70m ST6		100m		A3		Shot Put
11 GIRLS	Shot Put		200m		B4		High Jump (1 1/2 Periods)			100m A4	400m
11 BOYS	High Jump (1 1/2 Periods)				800m LD3		Discus		100m		A2
12 GIRLS	Discus		400m		A1		Triple Jump		100m		B3
12 BOYS	Triple Jump		100m		A2		200m		B2		Shot Put
13 GIRLS	80m Hurdles		A + B 1		1500m		LD1		Long Jump		200m
13 BOYS	80m Hurdles		A + B 2		Discus		1500m		LD1		200m
14 GIRLS	80m Hurdles		A + B 3		Long Jump		800m		LD2		100m
14/15/17B's	13B - 80m Hurdles 14B - 90m Hurdles		A + B 4		Shot Put		1500m		LD3		High Jump
15/17G's	15G - 90m Hurdles 15B - 100m Hurdle 17G - 100m Hurdle 17B - 110m Hurdle		A + B 5		1500m		LD2		Shot Put		100m

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

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	2