



Northern Districts Little Athletics Centre

PROGRAM 2



				8:15	8:30	8:40	8:50	9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30	10:40	10:50
Tiny Tots				Warm Up	Start	Tots program		150**	Long Jump	Tots Program									
	7:30	7:45	8:00	8:15	8:30	8:40	8:50	9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30	10:40	10:50
6G				Warm Up	Vortex		200**	Development			70**	Shot Put							
6B					Shot Put	200		Vortex		70**	Development								
7G					Long Jump			Development			Discus		70		200				
7B					Development			Long Jump				70**	Discus			200			
8G					Long Jump				100**	400PS	Discus			70**					
8B						400PS	Discus		100	Long Jump				70					
9G Blue				Warm Up	Scissors			800	70	Shot Put*		400**		Development					
9G White					Shot Put		800**	Scissors			70	400		Development					
9B					Development				70	400**	Scissors			800	Shot Put				
9B					Development			400**	800		Shot Put		70	Scissors					
10G					Discus		400*	Long Jump			70*		800**						
10G					Discus		400	Long Jump			70		800						
10B Blue					Long Jump			400*	Discus		800**	70*							
10B White					Long Jump			400	Discus		800	70							
11G		Triple Jump			High Jump			Hurdles 80	400**	Discus			800	60					
11B		Triple Jump			Discus			Hurdles 80**		60	High Jump			400**	800				
12G		Triple Jump		Warm Up	800**		Hurdles 80**	400		Shot Put			High Jump			60			
12B		Triple Jump			800		Hurdles 80	High Jump				400	Shot Put			60			
13G	3000	Javelin			800*	Hurdles 80	Shot Put		60*		Development			400*	Triple Jump				
13B	3000	Javelin			800	Hurdles 90*	Shot Put		60		Development			400	Triple Jump				
14G	3000	Javelin			800	Hurdles 90		60*	400	Shot Put					Triple Jump				
14B	3000	Javelin			Hurdles 100		800	60	Shot Put			400			Triple Jump				
15G	3000	Javelin			800	Hurdles 90	Shot Put		60		400*	Triple Jump							
15B	3000	Javelin			Hurdles 100		800	Shot Put		400	Triple Jump			60**					
16 & 17 G	3000	Javelin			800	Hurdles 100**	Shot Put		60		400	Triple Jump							
16 & 17 B	3000	Javelin			Hurdles 110		800*	Shot Put		400	Triple Jump			60*					
20	3000	Javelin			Hurdles 110**		800	Shot Put		400	Triple Jump			60					

Priority for events scheduled at the same time: ** indicates priority within a timeslot, and *within an age group.
For Program 2 priority is **TOP to BOTTOM**. **YOUNGER** age groups before older, **GIRLS** before boys, **BLUE** before white. Hurdles are the exception.