



Northern Districts Little Athletics Centre

PROGRAM 1

				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	Tots program			50	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	Long Jump		300	Discus		50		100							
6B					Long Jump		300*	Discus		50*		100*							
7G					Shot Put			500**		50		Vortex	100						
7B					Vortex		500**	Shot Put		50		100**							
8G					700	Hurdles 60		Development		Shot Put		200							
8B					700*	Hurdles 60**		Shot Put		200		Development							
9G Blue	Walk				Hurdles 60		200			Discus		100			Long Jump				
9G White	Walk				Hurdles 60**			Discus		100		200			Long Jump				
9B Blue	Walk			Warm Up	Discus		Hurdles 60			Long Jump		100		200					
9B White	Walk				Discus		Hurdles 60*			Long Jump		100*		200*					
10G Blue	Walk				Development		Hurdles 60	200		Scissors		100			Shot Put				
10G White	Walk				Development		Hurdles 60*	200*				Shot Put	100**		Scissors				
10B Blue	Walk				Shot Put		Hurdles 60**	Scissors		Development		200**		100					
10B White	Walk				Scissors		Hurdles 60**	200**		Development		Shot Put	100**						
11G	Walk	Javelin			Development		200**		1500**		Shot Put		100		Long Jump 2xPits				
11B	Walk	Javelin			Shot Put			Development		1500**	100**			Long Jump 2xPits	200**				
12G	Walk	Javelin		Warm Up	Long Jump 2xPits			1500	100**	Discus 2xCages		200		Development					
12B	Walk	Javelin				1500**		Discus 2xCages	100	200**		Long Jump 2xPits		Development					
13G	Walk	Discus			1500		200H	Long Jump		200		High Jump		100					
13B	Walk	Discus			1500**		200H**	Long Jump		200**		High Jump		100**					
14G	Walk	Discus				300H	Long Jump	1500		High Jump		200		100					
14B	Walk	Discus				300H**	Long Jump	1500**		High Jump		200**		100**					
15G	Walk	Discus			300H			High Jump	100		200		Long Jump						
15B	Walk	Discus			300H*				100*		200*								
16 & 17 G	Walk	Discus		Warm Up	400H			15's - 20's Combined	100		200		15's - 20's Combined	1500**					
16 & 17 B	Walk	Discus			400H**				100*		200*								
20	Walk	Discus			400H**			2xMats	100**		200**		2xPits						

Priority for events scheduled at the same time: ** indicates priority within a timeslot : * indicates priority within an age group
For Program 1, Priority is from **BOTTOM** to **TOP**. **OLDER** age groups before younger, **BOYS** before girls, **WHITE** before blue