Saturday 29th January 2022

Ringwood Little Athletics

Week 10 Proposed Program

Please Note : **This program is a guide only** and is subject to change on the day to suit particular circumstances as they arise.
Weather conditions, availability of helpers and the number of athletes in attendance will impact the scheduled times -
PLEASE WAIT FOR YOUR EVENT TO BE CALLED

	U6		U7		U8		U9		U10		U11		U12		U13-16B		U13&14G	U15& 16G	Multi
	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B		G	G	B & G
0800-8:40	PLEASE NOTE **Cut off arrival for Early event participation @ STRICTLY 8:10 **														Javelin - Girls Cadbury/Boys HJ end				
8:45	Athlete Warm Up																		
9:00	Discus 1		SP 2						60m Hurdles		TJ 1A	HJ Small			100m hurdles - 16B-15B				Shot Put 1
9:10				400m			60m Hurdles								90m hurdles - 14B -16G -15G				
9:20					60m Hurdles					LJ 1B					80m hurdles - 14G -13G				
9:30							LJ 2A	Discus 1	SP 2				80m hurdles						
9:40	70 Metres				Scissor HJ	Discus 2					80m Hurdles				Long Jump 2B		Shot Put 1		
9:50			70 Metres										HJ Large	LJ 1B					
10:00											SP 2	TJ 1B							100 metres
10:10	On Track Grass			SP 1					70 Metres									100 metres	
10:20			400m				70 Metres										100 metres		
10:30					70 Metres										100 metres			Long Jump 2B	
10:40									LJ 1A	SP 2			100 metres				Long Jump 1B		70 Metres
10:50			On Track Grass			Scissor HJ	Discus 1	LJ 2A			100 metres								
11:00	100 metres				Discus 2								800 metres		Shot Put 1				
11:10																			Long Jump 2B
11:20												SP 2						800 metres	
11:30											HJ Small		LJ 1A	HJ Large			800 metres		
11:40	Goodluck to athletes competing at State Combined Championships														800 metres			Shot Put 1	
11:50																			
12:00																			
Discus	350g	350g	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g	750g	750g	13-750g 14-16 1kg		13-750g 14-16 1kg		Age/Class specific
Shot Put	1kg	1kg	1kg	1kg	1.5kg	1.5kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg	2kg	13/14-3kg 15/16-4kg		13-16 3kg		Age/Class specific
Javelin	** Set Up Duty - U8, U9 & U10 **										400g	400g	400g	400g	13/14-600g 15/16-700g		400g	500g	N/A
Hurdles	N/A	N/A	N/A	N/A	60mh	60mh	60mh	60mh	60mh	60mh	80mh	80mh	80mh	80mh	13-80m 14-90m 15/16-100m		80mh (Black)	90mh (white)	N/A
No's	16		15	19	19	20	21	27	18	19	24	18	15	18	22		23	18	5