Ringwood Little Athletics

Week 11 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 -

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	l	U6		U7		U8		U9		U10		U11		12	U13-16B	U13&14G	U15& 16G	Multi
	В	G	В	G	В	G	В	G	В	G	В	G	В	G	В	G	G	B & G
0800- 8:40	PLE	PLEASE NOTE **Cut off arrival for <u>ALL</u> Early event participation @								Javein (11's first)				Discus 1	Shot Put 2			
8-9am	STRICTLY 8:10 **										WALKS- U12-U16/1500m, U8 & 9/700m & U10-11/1100m							
8:45										Atl	hlete W	/arm U	lp					
9:00	Shot Put 2		On Track (Back Straight)				SP 1	Scissor HJ				LJ 1A	Discus 1	Triple Jump 2B	15 & 16B 300mh		15 & 16G 300mh	Discus 2
9:10 9:20					700m	LJ 2A					LJ 1B				13-14 B & G 2	OOrs Handles		
9:30															15-14 B & G 2	oom nurdies		
9:40	On T	On Track							100n	netres								
9:50	(Back S	(Back Straight)		2 LJ		100 metres							800 r	metres	Triple Jump		Triple Jump	
10:00		ı		1A							Discus				1B	High Jump	2B	100 metres
10:10							100 n	netres	SP	Scissor	1	Discus				Large		
10:20	300 r	300 metres		100 metres		rack .			1	HJ		2						
10:30		ı			(Back S	traight)									400m			
10:40			IJ								400 N	Metres	Discus	Triple			Hiigh Jump Large	400m
10:50		Jump	1A	Discus 2			Scissor	SP				I	1	Jump 1B	SI	Triple Jump	Luige	
11:00	2	2A					HJ	2	400 Metres						Shot put 1	2B		
11:10					Long Jump	700m											400 metres	Long Jump
11:20		V,			1B											400 metres	400 metres	1A
11:30		15		TO THE					Scissor	SP			400 r	netres		400 metres		
11:40	/ {									2	2 800 M		letres		High Jump	Discus 1		
11:50	-	17					400 n	400 metres							Large			
12:00	•	4																
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
<u>This Pho</u> Javelin	to by Unknow N/A	vn Author is li N/A	censed under N/A	CC BY-NC N/A	N/A	N/A	N/A	N/A	N/A	N/A	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	1	16		19	19	20	21	27	18	19	24	18	15	18	22	23	18	5