Ringwood Little Athletics

Week 13 Proposed Program

Saturday 19th Feb

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

coles

	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			
8:45	**Athlete Warm-Up**																	
	SP 2		LJ 1A	Discus 2	LJ 2A	SP 1	Relayathon		LJ 2B	LJ 1B	Relayathon						100 metres	Discus 1
																100 metres		
					Relayathon								100 metres		100 metres	Relayathon		Long Jump 1B
	Long Jump 2A										100 metres				Long Jump 1A			
			Relayathon						100 metres				Discus 1	LJ 2B		High Jump Large		
							100 metres			SP 1	TJ 1A	HJ Small					Long Jump 1B	
	Relayathon														Relayathon			100 metres
					100 metres		SP 2	Scissor HJ										
			100 metres			SP 1							Relayathon		HJ Large	Long Jump 1B		
	100 metres								Relayathon								400 metres	Relayathon
			Discus 2	LJ 2A	LJ 2B						HJ Small	TJ 1B	LJ 1A	Discus 1		400 metres		
							400 metres		SP 2						400 metres			
							Scissor HJ	SP 2	400 metres		400 metres				Shot Put 1	Discus 1	HJ Large	
													400 metres				Discus 1	

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	N/A	N/A	N/A	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
No's	16		15	19	19	20	21	27	18	19	24	18	15	18	22	23	18	5