



Northern Districts Little Athletics Centre

Program One



Group	Early event(s)	8:15am-8:30am	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Group						
Tiny Tots			8:30 - 9:45 Tots Program							Tiny Tots					
				8:45 I3	150m	9:15	Long Jump								
U6G			8:30 S1	50m	8:45 O4	200m	9:00	Shot Put (500g Pink)	9:30 S16	100m	9:45	Long Jump		U6G	
U6B			8:30	Shot Put (500g Pink)	9:00 O7	200m	9:15 S11	50m	9:30	Long Jump	10:00 S25	100m		U6B	
U7G			8:30	Vortex	9:00 S10	50m	9:15	Shot Put (1kg Blue)	9:45 S22	100m	10:00 O14	200m		U7G	
U7B			8:30 O1	200m	9:00	Shot Put (1kg Blue)	9:15 S12	50m	9:30	Vortex	10:00 S26	100m		U7B	
U8G			8:30 S2	70m	8:45 I4	700m	9:00	Development	9:30	Shot Put (1.5kg Yellow)	10:00 O15	200m		U8G	
U8B			8:30	Development	9:15 O8	200m	9:30 S15	70m	9:45	Shot Put (1.5kg Yellow)	10:15 I13	700m		U8B	
U9G	7:30-7:45am		8:30	Development	9:00 I5	800m	9:15	Long Jump	10:00	Discus (500g)	10:30 S28	70m	10:40 O20	400m	U9G
U9B			8:30 I1	800m	8:45	Long Jump	9:30 O11	400m	9:45 S21	70m	10:00	Development	10:30	Discus (500g)	U9B
U10G			8:30 S3	70m	8:45 O5	400m	9:00	Discus (500g)	9:30 I8	800m	9:45	High Jump (scissors)		U10G	
U10B			8:30	High Jump (scissors)	9:15 I6	800m	9:30	Discus (500g)	10:00 O16	400m	10:15 S27	70m		U10B	
U11G		7:45-8:25am	8:30	Long Jump	9:00 S9	100m	9:15 I7	1500m	9:30	Development	10:00	Shot Put (2kg Orange)	10:30 O17	400m	U11G
U11B	U9-U17 Walks		8:30 I2	1500m	8:45 S6	100m	9:00	Development	9:30 O12	400m	9:45	Long Jump	10:15	Shot Put (2kg Orange)	U11B
U12G	700m - U9	U11-U12 Javelin (400g) <small>*parent helpers required</small>	8:30 S4	80mH (68cm)	8:45	Discus (750g)	9:15	Long Jump	9:45 O13	400m	10:00	Development	10:30 I14	800m	U12G
U12B	1100m - U10/U11		8:30 S5	80mH (68cm)	8:45 O6	400m	9:00	Long Jump	9:30	Development	10:00	Discus (750g)	10:30 I15	800m	U12B
U13G		7:45-8:25am	8:30 O2	200m	9:00 S7	80mH (76cm)	9:15	High Jump	9:45 S23	100m	10:15 I11	800m	10:30	Triple Jump Combined	U13G
U13B	1500m - U12-U17 <small>*parent helpers required</small>	U13 - U17 Discus	8:30 O3	200m	9:00 S8	80mH (76cm)	9:15	High Jump	9:45 S24	100m	10:15 I12	800m		U13B	
U14G			8:30	High Jump	9:15 S13	80mH (76cm)	9:45 I9	1500m	10:00	Long Jump	10:30 O18	400m		U14G	
U14B			8:30	High Jump	9:15 S14	90mH (76cm)	9:45 I10	1500m	10:00	Long Jump	10:30 O19	400m		U14B	
U15G-U17G		U13 - 750g U14 - 1kg U15 - 1kg U17G - 1kg U17B - 1.5kg	8:30	Triple Jump Combined	9:15 O9	200m	9:30 S17/18	U15 - 90mH (76cm) U17 - 100mH (76cm)	9:50	High Jump	10:30 I16	800m		U15G-U17G	
U15B-U17B		<small>*parent helpers required</small>	8:30	Triple Jump Combined	9:15 O10	200m	9:30 S19/20	U15 - 100mH (76cm) U17 - 110mH (76cm)	9:50	High Jump	10:30 I17	800m		U15B-U17B	

Version 2022b

High Jump Incr.
1st Sat of month: 0.00 & 0.05
2nd Sat of month: 0.01 & 0.06
3rd Sat of month: 0.02 & 0.07
4th Sat of month: 0.03 & 0.08
5th Sat of month: 0.04 & 0.09

Development Groups - Meet Coaches at Hurdles Trolley				
Time	8:30	9:00	9:30	10:00
Groups	U8G U9G	U8B U11B	U12B U11G	U12G U9B