



Northern Districts Little Athletics Centre

Program Two



| Group | Early event) | | 8:15am-8:30am | Event 1 | Event 2 | Event 3 | Event 4 | Event 5 | Event 6 | Group | | | | | | |
|-----------|---|---|---|--------------------------|---------------------------------------|-----------|-----------------------|----------|-----------------------|-----------|-----------------------|-----------|-----------------------|-----------|----------------------|-----------|
| Tiny Tots | | | Parental assistance sign-on and athlete warm-up | 8:30 - 9:45 Tots Program | | | | | | | | Tiny Tots | | | | |
| | | | | 8:30 | Development | 9:00 S6 | 50m | | | | | | | | | |
| U6G | | | | 8:30 | Vortex | 9:00 I6 | 300m | 9:15 S11 | 70m | 9:30 | Discus (350g) | 10:00 | Development | | U6G | |
| U6B | | | | 8:30 | Discus (350g) | 9:00 | Development | 9:30 S15 | 70m | 9:45 | Vortex | 10:15 I13 | 300m | | U6B | |
| U7G | | | | 8:30 | Development | 9:00 S9 | 70m | 9:15 | Discus (350g) | 9:45 | Long Jump | 10:15 I14 | 500m | | U7G | |
| U7B | | | | 8:30 I1 | 500m | 8:45 S5 | 70m | 9:00 | Long Jump | 9:30 | Development | 10:00 | Discus (350g) | | U7B | |
| U8G | | | | 8:30 | Discus (500g) | 9:00 | Long Jump | 9:45 S19 | 60mH (45cm) | 10:00 O17 | 400m | 10:15 S22 | 100m | | U8G | |
| U8B | | | | 8:30 | Long Jump | 9:15 S12 | 100m | 9:30 S16 | 60mH (45cm) | 9:45 | Discus (500g) | 10:15 Q22 | 400m | | U8B | |
| U9G | | | | 8:30 | Shot Put (2kg Orange) | 9:00 S10 | 100m | 9:15 O9 | 200m | 9:30 | High Jump (scissors) | 10:15 S21 | 60mH (45cm) | | U9G | |
| U9B | | | | 8:30 | High Jump (scissors) | 9:15 S13 | 100m | 9:30 S17 | 60mH (45cm) | 9:45 | Shot Put (2kg Orange) | 10:15 Q23 | 200m | | U9B | |
| U10G | | | | 8:30 | Long Jump | 9:00 S8 | 60mH (60cm) | 9:15 O10 | 200m | 9:30 | Development | 10:00 | Shot Put (2kg Orange) | 10:15 S23 | 100m | U10G |
| U10B | | | | 8:30 | Long Jump | 9:00 S7 | 60mH (60cm) | 9:15 | Shot Put (2kg Orange) | 9:30 S18 | 100m | 9:45 O14 | 200m | 10:00 | Development | U10B |
| U11G | | 7:45-8:25am | | 8:30 S2 | 80mH (60cm) | 8:45 | High Jump | 9:30 I10 | 800m | 9:45 O15 | 200m | 10:00 | Discus (500g) | | U11G | |
| U11B | | U11-U12 Triple Jump *parent helpers required | | 8:30 S1 | 80mH (60cm) | 8:45 I5 | 800m | 9:00 | Discus (500g) | 9:30 O13 | 200m | 9:45 | High Jump | | U11B | |
| U12G | | | | 8:30 I2 | 1500m | 8:30 | Shot Put (2kg Orange) | 9:15 S14 | 100m | 9:30 | High Jump | 10:15 Q24 | 200m | | U12G | |
| U12B | | | | 8:30 | High Jump | 9:00 I7 | 1500m | 9:25 | Shot Put (2kg Orange) | 9:45 O16 | 200m | 10:00 S20 | 100m | | U12B | |
| U13G | 0730-0745 | 0745-0825 | | 8:30 Q2 | 200mH (68cm) | 8:45 I4 | 1500m | 9:00 | Development Combined | 9:30 | Long Jump | 10:00 O19 | 400m | 10:15 | Shot Put (3kg White) | U13G |
| U13B | | | | 8:30 O1 | 200mH (68cm) | 8:45 I3 | 1500m | | | 9:30 | Long Jump | 10:00 O18 | 400m | 10:15 | Shot Put (3kg White) | |
| U14G | U13-U17 3000m *parent helpers required | U13-U17 Javelin U13/14G - 400g U13/14B - 600g U15/17G - 500g U15/17B - 700g *parent helpers required | | 8:30 S4 | 100m | 8:45 O4 | 200mH (76cm) | 9:10 | Shot Put (3kg White) | 9:20 O12 | 200m | 9:45 I12 | 800m | 10:00 | Triple Jump Combined | U14G |
| U14B | | | | 8:30 S3 | 100m | 8:45 O3 | 200mH (76cm) | 9:00 | Shot Put (3kg White) | 9:15 O11 | 200m | 9:45 I11 | 800m | | | |
| U15G-U17G | | | | 8:30 | Long Jump | 9:00 O7/8 | 300mH (76cm) | 9:15 I9 | 1500m | 9:30 | Shot Put (3kg White) | 10:00 Q21 | 400m | 10:15 S25 | 100m | U15G-U17G |
| U15B-U17B | | | | 8:30 | Shot Put (U15 4kg Red; U17 5kg Green) | 9:00 O5/6 | 300mH (76cm) | 9:15 I8 | 1500m | 9:30 | Long Jump | 10:00 Q20 | 400m | 10:15 S24 | 100m | 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 | U7G Tiny Tots | | U6B U13B & U13G Combined | | U7B U10G | | U6G U10B | |