



Northern Districts Little Athletics Centre

Multi Event program



*SMALL GROUP DAY

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Group	Early event A (7.45am)	Early event B (8.15am)	8:30am- 8:45am	Event 1 (8.45am)	Event 2	Event 3	Event 4	Event 5	Event 6	Group										
Tiny Tots			Parental assistance sign-on and athlete warm-up		I3 150m															
U6G				0845-0915	Shot put 1 (500g-pink) Long jump 1	S11 / S12	100m	0945-1015	Long jump 1 Shot put 1 (500g-pink)	O11 / O12	200m	U6G								
U6B												U6B								
U7G												U7G								
U7B												U7B								
U8G												U8G								
U8B												U8B								
U9							I1 / I2	0915-0945	800m	Shot put 1 - G Shot put 3 - B (2kg orange)	O9 / O10	200m	1015-1045	Discus 3 - G Discus 2 - B (500g)	1045-1115	Long jump 1/2	S25 / S26	60m hurdles (45cm)	U9	
U10							O1 / O2		200m	I4 / I5	800m	0945-1015	Discus 2 - G Discus 1 - B (500g)	1015-1045	Long jump 1/2	S23 / S24	60m hurdles (60cm)	1115-1145	Shot put 2 - G Shot put 3 - B (2kg orange)	U10
U11							0845-0915	Discus 2 - G Discus 1 - B (500g)	0915-0945	Long jump 1/2	I8 / I9	800m	1015-1045	Shot put 1 - G Shot put 3 - B (2kg orange)	S21 / S22	80m hurdles (60cm)	O13 / O14	200m	U11	
U12							O3 / O4		200m	0915-0945	Discus 3 - G Discus 1 - B (750g)	H17 / H18	80m hurdles (68cm)	I12 / I13	800m	1045-1115	Shot put 2 - G Shot put 3 - B (2kg orange)	1115-1145	Long jump 1/2	U12
U13G				0745-0815	Shot put 1 (3kg white) Long jump 1	0815-0845	Long jump 1 Discus 1 (750g)	S1 / S2 / S3	80m hurdles (76cm)	O5 / O6 / O7	200m	HIGH JUMP U13-17 B/G Starting heights: Pool A: 0.90m Pool B: 1.20m Points for HJ will only be awarded if the height jumped is divisible by '5', e.g. 120cm, 125cm, 130cm. Athletes may jump at heights ending in 1, 2, 3, 4, 6, 7, 8 & 9 centimetres to attempt SBs & CRs, but no additional points will be awarded if successful.			I14 / I15	800m	1115-1145	Discus 1 (750g) Shot put 1 (3kg white)	U13G	
U13B																			U13B	
U14G																			U14G	
U15G	0745-0815	Shot put 3 (3kg white) Discus 1 (1kg)	0815-0845	Long jump 1 Long jump 2	S4 / S5	100m	S9 / S10	90m hurdles (76cm) 100m hurdles (76cm)	0945-1045							1045-1115	Shot put 1 (3kg white)	I17	800m U14-17G	U15G
U17G																			U17G	
U14B																	U14B			
U15B	0745-0815	Long jump 1 Long jump 2	0815-0845	Shot put 1 (3kg white) Shot put 3 U15B - (4kg red) U17B - (5kg green)	S6 / S7 / S8	90m hurdles (76cm) 100m 100m	O8 / S13 / S14	200m 100m hurdles (76cm) 110m hurdles (76cm)					1045-1115	Discus 1 (U14&15-1kg; U17-1.5kg)	I16	800m U14-17B	U15B			
U17B																	U17B			

Program notes:

- Groups on the lower event number (excluding early events) have **priority** over other groups on the same track or venue, unless otherwise stated.
- If there is no priority indicated (eg **boys/girls**, U14s/15s/17s), the sub-group with the smaller* number of athletes has priority (eg similar to 'playing through' in golf).
- Track events:** Where shown, numbers indicate relative priority when more than one group is waiting to start (S=sprint, H=hurdles, I=inside circular, O=outside circular).
- Field events:** No time for practice run-ups, jumps or throws today. **Time slots are indicative only;** all athletes arriving on time should be allowed three trials.

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