



Northern Districts Little Athletics Centre

Pentathlon and Photos program



Group		8:15am-8:30am	Event 1	Event 2	Event 3	Event 4	Event 5	Additional	Group							
Tiny Tots		Parental assistance sign-on and athlete warm-up	0830-0845	Photos³					Tiny Tots							
U6			IC	300m	0850-0930	Shot put (500g-pink)	0930-0950	Photos⁶	S1	100m	1030-1110	Long jump	S-	70m	U6	
U7			IC1	500m	0910-0950	Shot put (1kg blue)	S2	100m	1010-1030	Photos⁸	1030-1110	Long jump	S-	70m	U7	
U8			S1	100m	0850-0910	Photos⁴	IC1	700m	0950-1030	Shot put (1.5kg yellow)	OC1	200m	1110-1130	Long Jump	U8	
U9	U9's SETUP		OC2	200m	0910-0950	Long jump	0950-1010	Photos⁷	IC	800m	1030-1110	Shot put (2kg orange)	S-	100m	U9's PACKUP	U9
U10			OC1	200m	0910-0930	Photos⁵	S	100m	0950-1030	Long jump	IC2	800m	1110-1150	Shot put (2kg orange)	U10	
U11			0830-0910	Long jump	IC2	1500m	0930-1010	Shot put (2kg orange)	S3	100m	1050-1110	Photos¹⁰	OC-	400m	U11	
U12			0830-0910	Long jump	S	100m	IC2	1500m	1010-1050	Shot put (2kg orange)	OC2	400m	1110-1130	Photos¹¹	U12	
U13			S2	100m	0910-0950	Long jump	OC	400m	1030-1050	Photos⁹	1050-1130	Shot put (3kg white)	IC-	1500m (to run with U14-17s)	U13	
U14-17 Girls			0815-0830	Photos¹	0830-0910	Shot put (3kg white)	OC-	400m	0950-1030	Long jump	S4	100m	IC-	1500m (single heat for 13-17Gs)	U14-17 Girls	
U14-17 Boys			0815-0830	Photos²	0830-0910	Shot Put (14s-3kg white; 15s-4kg red; 17s-5kg green)	OC-	400m	0950-1030	Long jump	S	100m	IC-	1500m (single heat for U13-17Bs)	U14-17 Boys	