



Northern Districts Little Athletics Centre

Program One, Season 2024 - 2025



Group	Early event(s)	8:15am-8:30am	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Group	
Tiny Tots		Athlete Warm-up	8:30 - 9:45 Tots Program			9:15 S14 50m				Tiny Tots
6G			8:30 S2 50m	8:45 I6 300m	9:00 L5 Long Jump	9:30 D7 Discus (350g)	10:00 S29 100m		6G	
6B			8:30 S1 50m	8:45 I5 300m	9:00 D3 Discus (350g)	9:30 L10 Long Jump	10:00 S28 100m		6B	
7G			8:30 S4 50m	8:45 I8 500m	9:00 Vortex	9:30 P7 Shot Put (1kg Blue)	10:00 S30 100m		7G	
7B			8:30 S3 50m	8:45 I7 500m	9:00 P4 Shot Put (1kg Blue)	9:30 S15 100m	9:45 Vortex		7B	
8G - blue			8:30 I3 700m	8:45 S9 100m	9:00 P5 Shot Put (1.5kg Yellow)	9:30 Development	10:00 O27 200m		8G - blue	
8G - white			8:30 I4 700m	8:45 S10 100m	9:00 P6 Shot Put (1.5kg Yellow)	9:30 Development	10:00 O26 200m		8G - white	
8B - blue			8:30 I1 700m	8:45 S7 100m	9:00 Development	9:30 O19 200m	9:45 P9 Shot Put (1.5kg Yellow)		8B - blue	
8B - white			8:30 I2 700m	8:45 S8 100m	9:00 Development	9:30 O18 200m	9:45 P10 Shot Put (1.5kg Yellow)		8B - white	
9G	7:30-7:45am		Age Manager Briefing	8:30 D1 Discus (500g)	9:00 Development	9:30 S16 100m	9:45 O24 400m	10:00 L13 Long Jump		9G
9B - blue	Arrival 7:20am	8:30 L1 Long Jump		9:00 D4 Discus (500g)	9:30 O20 400m	9:45 S25 100m	10:00 Development		9B - blue	
9B - white		8:30 L2 Long Jump		9:00 D5 Discus (500g)	9:30 O21 400m	9:45 S26 100m	10:00 Development		9B - white	
10G		8:30 Development		9:00 S11 100m	9:15 O15 400m	9:30 P8 Shot Put (2kg Orange)	10:00 High Jump (scissors)		10G	
10B		8:30 High Jump (scissors)		9:15 O14 400m	9:30 Development	10:00 S31 100m	10:15 P11 Shot Put (2kg Orange)		10B	
11G	7:45-8:25am	8:30 P3 Shot Put (2kg Orange)		9:00 I9 1500m	9:15 L9 Long Jump	10:00 O28 400m	10:15 S33 100m		11G	
11B	Arrival 7:30am	8:30 P1 Shot Put (2kg Orange)		9:00 S12 100m	9:15 I11 1500m	9:30 L11 Long Jump	10:15 O29 400m		11B	
12G	11's-12's	8:30 Development		9:00 I10 1500m	9:15 D6 Discus (750g)	9:45 O25 400m	10:00 L14 Long Jump	10:45 S36 100m	12G	
12B	Javelin (400g) *parent helpers required	8:30 D2 Discus (750g)		9:00 L6 Long Jump	9:30 I13 1500m	9:45 S27 100m	10:00 Development	10:30 O31 400m	12B	
13F (U14)	9's - 17's	8:30 L4 Long Jump		9:00 O12 200mH (68cm)	9:15 O17 400m	9:30 High Jump	10:15 S35 100m	10:30 I25 1500m	13F (U14)	
13M (U14)	700m walk - 9's	8:30 L3 Long Jump	9:00 O11 200mH (68cm)	9:15 O16 400m	9:30 High Jump	10:15 S34 100m	10:30 I24 1500m	13M (U14)		
14F (U15)	1100m walk - 10's/11's	8:30 S6 100m	8:45 O10 300mH (76cm)	9:00 L8 Long Jump	9:30 O23 400m	9:45 I15 1500m	10:00 High Jump	14F (U15)		
14M (U15)	1500m walk - 12's - 17's	8:30 S5 100m	8:45 O9 300mH (76cm)	9:00 L7 Long Jump	9:30 O22 400m	9:45 I14 1500m	10:00 High Jump	14M (U15)		
15's - U20's Female	13's - U20 Discus 13's - 750g 14's - 1kg 15's - 1kg 16'sF - 1kg 16'sM - 1.5kg 17'sF - 1kg 17'sM - 1.5kg U20'sF - 1kg U20'sM - 1.75kg *parent helpers required	8:30 O8 300mH (76cm)	8:45 High Jump Combined Merge and Separate by PB approx starting heights: Mat A: 0.90m Mat B: 1.30m	9:30 S21 100m	9:45 I20 1500m	10:00 L19 Long Jump	10:45 O36 400m	15F (U16)		
		8:30 O7 400mH (76cm)		9:30 S22 100m	9:45 I21 1500m	10:00 L20 Long Jump	10:45 O37 400m	16F (U17)		
		8:30 O6 400mH (76cm)		9:30 S23 100m	9:45 I22 1500m	10:00 L21 Long Jump	10:45 O38 400m	17F (U18)		
		8:30 O5 400mH (76cm)		9:30 S24 100m	9:45 I23 1500m	10:00 L22 Long Jump	10:45 O39 400m	U20F		
		8:30 O4 300mH (76cm)		9:30 S17 100m	9:45 I16 1500m	10:00 L15 Long Jump	10:30 O32 400m	15M (U16)		
15's - U20's Male		8:30 O3 400mH (76cm) /400mH (84cm)		9:30 S18 100m	9:45 I17 1500m	10:00 L16 Long Jump	10:30 O33 400m	16M (U17)		
		8:30 O2 400mH (76cm) /400mH (84cm)		9:30 S19 100m	9:45 I18 1500m	10:00 L17 Long Jump	10:30 O34 400m	17M (U18)		
		8:30 O1 400mH (76cm) /400mH (91cm)		9:30 S20 100m	9:45 I19 1500m	10:00 L18 Long Jump	10:30 O35 400m	U20M		
Opens / Masters		TBA. Occasional single events only.							Opens / Masters	

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 Schedule - Please stick to these times

Time	8:30	9:00	9:30	10:00
Groups	C1 C2 C3	10G 12G split either 10G/12G	8B - blue 8B - white 9G	8G - blue 8G - white 10B Roaming Coach 14-17's

v2.2
Boys/Blue Day

Note: Numbers Listed under times show priority of groups if there is more than one group waiting
Development sessions are to be run in the allocated timeslot, even if it requires putting other events out of order. All other event times are listed as a guide only, but should be attempted in order.
Athletes that are not at their early event at the arrival time may not be given all three attempts.
Lines marked as spare will only become part of the program if a corresponding age group is deemed large enough to split.

Priority Codes

S = Straight Track
O = Outside Circular Track
I = Inside Circular Track
L = Long Jump. No specific pit
D = Discus. No specific Cage
P = Shot Put. No specific circle

Note to Officials: The following numbers are missing from the program (numbers were required in background process - please skip)

S13 / S32
O15 / O30
I12
L12
P2 / P12