



Northern Districts Little Athletics Centre

Program Two, Season 2024 - 2025



Group	Early event)	8:15am-8:30am	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Bonus	Group			
Tiny Tots				9:00 I6 150m		9:30 L7 Long Jump				Tiny Tots			
8:30 - 9:45 Tots Program													
6G		Athlete Warm-up	8:30 P1 Shot Put (500g Pink)	9:00 Development	9:30 O10 200m	9:45 Vortex	10:15 S38 70m			6G			
6B			8:30 Vortex	9:00 Development	9:30 P5 Shot Put (500g Pink)	10:00 O17 200m	10:15 S39 70m			6B			
7G			8:30 D1 Discus (350g)	9:00 L2 Long Jump	9:30 Development	10:00 O18 200m	10:15 S40 70m			7G			
7B			8:30 D2 Discus (350g)	9:00 Development	9:30 O11 200m	9:45 S32 70m	10:00 L11 Long Jump			7B			
8G - blue			8:30 S3 60mH (45cm)	8:45 I3 400m Pack Start	9:00 L4 Long Jump	9:30 D8 Discus (500g)	10:00 S36 70m			8G - blue			
8G - white			8:30 S2 60mH (45cm)	8:45 I2 400m Pack Start	9:00 L3 Long Jump	9:30 D7 Discus (500g)	10:00 S35 70m			8G - white			
8B - blue			8:30 S5 60mH (45cm)	8:45 I5 400m Pack Start	9:00 D5 Discus (500g)	9:30 S29 70m	9:45 L8 Long Jump			8B - blue			
8B - white			8:30 S4 60mH (45cm)	8:45 I4 400m Pack Start	9:00 D4 Discus (500g)	9:30 S28 70m	9:45 L9 Long Jump			8B - white			
9G			8:30 S1 60mH (45cm)	8:45 High Jump (scissors)	9:30 O12 200m	9:45 S33 70m	10:00 P17 Shot Put (2kg Orange)	10:30 I25 800m			9G		
9B - blue			8:30 S7 60mH (45cm)	8:45 P3 Shot Put (2kg Orange)	9:15 I7 800m	9:30 High Jump (scissors)	10:15 S41 70m	10:30 O26 200m			9B - blue		
9B - white			8:30 S6 60mH (45cm)	8:45 O3 200m	9:00 P4 Shot Put (2kg Orange)	9:30 S30 70m	9:45 I16 800m	10:00 High Jump (scissors)			9B - white		
10G			8:30 O1 200m	8:45 S8 60mH (60cm)	9:00 D6 Discus (500g)	9:30 S31 70m	9:45 L10 Long Jump	10:30 I26 800m			10G		
10B	7:45-8:25am	8:30 O2 200m	8:45 S10 60mH (60cm)	9:00 L5 Long Jump	9:45 S34 70m	10:00 D10 Discus (500g)	10:30 I27 800m			10B			
11G	Arrival 7:30am	8:30 Development	9:00 S11 80mH (60cm)	9:15 High Jump	10:00 O19 200m	10:15 D12 Discus (500g)	10:45 I28 800m			11G			
11B	11's-12's	8:30 D3 Discus (500g)	9:00 S13 80mH (60cm)	9:15 O5 200m	9:30 Development	10:00 I17 800m	10:15 High Jump			11B			
12G	Triple Jump *parent helpers required	8:30 P2 Shot Put (2kg Orange)	9:00 S14 80mH (68cm)	9:15 High Jump	10:15 I20 800m	10:30 O27 200m	10:45 S53 60m			12G			
12B		8:30 High Jump	9:15 S15 80mH (68cm)	9:30 P6 Shot Put (2kg Orange)	9:45 O13 200m	10:00 I18 800m	10:30 S42 60m			12B			
13F (U14)	0730-0745	Age Manager Briefing	Helpers to Events	Morning Announcements	8:30 S16 80mH (76cm)	9:30 I13 800m	9:45 O14 200m	10:00 Development	10:30 P18 Shot Put (3kg White)	10:45 S54 60m	13F (U14)		
13M (U14)	Arrival 7:20am				Arrival 7:30am	9:15 S17 90mH (76cm)	9:30 I14 800m	9:45 O15 200m	10:00 Development	10:30 P19 Shot Put (3kg White)	10:45 S55 60m	13M (U14)	
14F (U15)					9:15 S18 90mH (76cm)	9:30 I15 800m	9:45 P8 Shot Put (3kg White)	10:00 O21 200m	10:15 S43 60m			14F (U15)	
14M (U15)					9:15 S19 100mH (76cm) /100mH (84cm)	9:30 P7 Shot Put (4kg White)	9:45 O16 200m	10:00 I19 800m	10:15 S44 60m			14M (U15)	
15's - U20's Female	13-U20 3000m *parent helpers required				8:30 L1 Triple Jump Combined	9:15 I9 800m	9:30 S20 90mH (76cm)	9:45 P9 Shot Put (3kg White)	10:15 O22 200m	10:30 S45 60m			15F (U16)
					5m & 7m South End	9:15 I10 800m	9:30 S21 100mH (76cm)	9:45 P10 Shot Put (3kg White)	10:15 O23 200m	10:30 S46 60m			16F (U17)
15's - U20's Male	*parent helpers required				9:15 I11 800m	9:30 S22 100mH (76cm)	9:45 P11 Shot Put (3kg White)	10:15 O24 200m	10:30 S47 60m			17F (U18)	
					7m & 9m North End	9:15 I12 800m	9:30 S23 100mH (76cm) /100mH (84cm)	9:45 P12 Shot Put (4kg Red)	10:15 O25 200m	10:30 S48 60m			U20F
					9:15 O6 200m	9:30 S24 100mH (76cm) /100mH (84cm)	9:45 P13 Shot Put (4kg Red)	10:15 I21 800m	10:30 S49 60m			15M (U16)	
					9:15 O7 200m	9:30 S25 110mH (76cm) /110mH (91.4cm)	9:45 P14 Shot Put (5kg Green)	10:15 I22 800m	10:30 S50 60m			16M (U17)	
					9:15 O8 200m	9:30 S26 110mH (76cm) /110mH (91.4cm)	9:45 P15 Shot Put (5kg Green)	10:15 I23 800m	10:35 S51 60m			17M (U18)	
					9:15 O9 200m	9:30 S27 110mH (76cm) /110mH (99cm)	9:45 P16 Shot Put (6kg Blue)	10:15 I24 800m	10:35 S52 60m			U20M	
Opens / Masters						10:30 S56 60m			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	11G - 2 coaches	6G	7G
	C2	11G - 2 coaches	6B	11B - 2 coaches
	C3	Roaming Coach 14-17's	7B	11B - 2 coaches Roaming Coach 14-17's

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)
 S9 / S12 / S36
 O4 / O20
 I1 / I8
 L6
 D9 / D11