



Northern Districts Little Athletics Centre

Pentathlon 2024

				8:50	9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20							
Tiny Tots				Tots Start	Photo	70	Tots program													

Group A. 8:15am Start

	8:15	8:30	8:40	8:50	9:00	9:10	9:20	9:30	9:40	9:50							
6G	Warm up	Long Jump		100	Shot Put		70	Photo	300								
6B	Warm up	Long Jump		100	Shot Put		70	Photo	300								
13G (U14)	Warm up	Long Jump		1500	Shot Put		100	400	Photo								
13B (U14)	Warm up	Long Jump		1500	Shot Put		100	400	Photo								
14G (U15) - 17	Warm up	Photo	100	Long Jump		1500	Shot Put		400								
14B (U15) - 17	Warm up	Photo	100	Long Jump		1500	Shot Put		400								

Group B. 9:00am Start

					9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30	10:40	10:50	11:00	11:10
8G					Warm up	Long Jump (2 runways)		700	Shot Put (2 circles)		100	Photo	200					
8B					Warm up	Photo	200	Shot Put (2 circles)		100	700	Long Jump (2 runways)						
11G					Warm up	400	Long Jump		Shot Put		Photo	1500	100					
11B					Warm up	400	Long Jump		Shot Put		Photo	1500	100					
10G					Warm up	Photo	800	Long Jump		200	Shot Put		100					
10B					Warm up	Photo	800	Long Jump		200	Shot Put		100					

Group C. 9:30am Start

							9:30	9:40	9:50	10:00	10:10	10:20	10:30	10:40	10:50	11:00	11:10
7G							Warm up	70	Photo	500	Shot Put		100	Long Jump			
7B							Warm up	70	Photo	500	Shot Put		100	Long Jump			
9G							Warm up	100	800	Shot Put		200	Photo	Long Jump			
9B							Warm up	100	Long Jump (2 runways)		200	Photo	Shot Put (2 circles)		800		
12G							Warm up	400	Photo	100	Long Jump		1500	Shot Put			
12B							Warm up	400	Photo	100	Long Jump		1500	Shot Put			