



Northern Districts Little Athletics Centre

PROGRAM 1

				8:15	8:30	8:40	8:50	9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30	10:40	10:50	
Tiny Tots				Warm Up	Start	50	Tots program													
	7:30	7:45	8:00																	
6G				Warm Up	Long Jump	50	Discus	300		100										
6B			Long Jump		50*	Discus	300*		100*											
7G			100		Shot Put	Vortex	50	500												
7B			Shot Put		500	50	Vortex	100												
8G Blue			Development		100	700	Shot Put	200												
8G White			Development			Shot Put	100	200*	700											
8B Blue			100		700	Development	200	Shot Put												
8B White			100*		700*	Development	200*	Shot Put												
9G	Walk				Warm Up	Discus	400	Long Jump			Development	100								
9B Blue	Walk		Long Jump	100		Development	Discus	400												
9B White	Walk		Long Jump	100*		Development	Discus	400*												
10G	Walk		Scissors	100		400	Shot Put	Development												
10B	Walk		Shot Put	Development		100	Scissors	400												
11G	Walk	Javelin	Shot Put	1500		Long Jump	100	400												
11B Blue	Walk	Javelin	1500	100		Shot Put	400	Long Jump												
11B White	Walk	Javelin	1500*	100*		Shot Put	400*	Long Jump												
12G	Walk	Javelin	Development	400		1500	Discus	100	Long Jump											
12B	Walk	Javelin	Discus	400	100	Development	1500	Long Jump												
13G	Walk	Discus	1500	200H	100	High Jump	400	Long Jump												
13B	Walk	Discus	1500*	200H*	100*	High Jump	400*	Long Jump												
14G	Walk	Discus	100	300H	Long Jump	400	1500	High Jump												
14B	Walk	Discus	100*	300H*	Long Jump	400*	1500*	High Jump												
15G	Walk	Discus	300H	1500	Long Jump	100	400	High Jump												
15B	Walk	Discus	300H*	1500*	Long Jump	100*	400*	High Jump												
16 & 17 G	Walk	Discus	400H	High Jump	400	Long Jump	1500	100												
16 & 17 B	Walk	Discus	400H*	High Jump	400*	Long Jump	1500*	100*												
20	Walk	Discus	400H*	High Jump	400*	Long Jump	1500*	100*												

Priority for events scheduled at the same time: * indicates priority within an age group. For Program 1, **OLDER** age groups before younger, **BOYS** before girls, **WHITE** before blue