



Northern Districts Little Athletics Centre

PROGRAM 2

				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				
Tiny Tots				Warm Up	Start	150	Tots program		Long Jump	Tots Program												
	7:30	7:45	8:00	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				
6G				Warm Up	Vortex		200*	Development				Shot Put	70*									
6B						200	Shot Put	Development			Vortex			70*								
7G						Development			Discus			200*		70	Long Jump							
7B						Development			Long Jump			Discus		200		70*						
8G Blue						Hurdles 60*		400PS*	Long Jump				Discus				70*					
8G White						Hurdles 60		400PS	Long Jump				Discus				70					
8B Blue						400PS	Hurdles 60*		Discus				70*	Long Jump								
8B White						400PS	Hurdles 60		Discus				70	Long Jump								
9G					Warm Up	Hurdles 60*	Scissors 2 mats: PBs >0.85 starting at ~0.75					800*	Shot Put			200*	70					
9B Blue						Shot Put		Hurdles 60*	200*		Scissors			70			800*					
9B White						Shot Put		Hurdles 60	200		Scissors				70*		800					
10G						Discus		Hurdles 60*	200	Long Jump					70			800*				
10B						Discus		Hurdles 60		200	800	Long Jump					70					
11G		Triple Jump				Discus			Hurdles 80	High Jump 2 mats: PBs >0.95 starting ~0.85			800	Development			200*					
11B Blue						High Jump		2	800*		Hurdles 80*	Development				200	Discus					
11B White						High Jump		mats: PBs >1.05 starting at ~0.95	800		Hurdles 80	Development			Discus			200				
12G				Warm Up		200		Shot Put				Hurdles 80*	800	High Jump								
12B						Shot Put		200	800		Hurdles 80		High Jump									
13G	3000	Javelin				Triple Jump Girls 2 north pits, Boys 2 south pits				Shot Put*			Hurdles 80	200*	Development			800				
13B	3000				Shot Put						200*	Hurdles 90	Development			800						
14G	3000	Javelin								800*		200		Hurdles 90	Shot Put							
14B	3000									800*	Shot Put		200	Hurdles 100								
15G	3000	Javelin								800		200		Hurdles 90	Shot Put							
15B	3000									800	Shot Put		200	Hurdles 100								
16 & 17 G	3000	Javelin								800	Shot Put			200	Hurdles 100							
16 & 17 B	3000				800						200	Shot Put			Hurdles 110							
20	3000				800						200	Shot Put			Hurdles 110							

Priority for events scheduled at the same time: * indicates priority within an age group. For Program 2, YOUNGER age groups before older, GIRLS before boys, BLUE before white