



Northern Districts Little Athletics Centre

FRIDAY NIGHT PROGRAM 2



	5:45pm	6:00	6:10	6:20	6:30	6:40	6:50	7:00	7:10	7:20	7:30	7:40	7:50	8:00	8:10	8:20		
Tiny Tots	Warm Up	Start	150	Tots program		Long Jump	Tots Program											
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	Discus				Hurdles 80	High Jump 2 mats: PBs >0.95 starting at ~0.85		800	Development			200*				Triple Jump		
11B Blue	High Jump			800*		Hurdles 80*	Development			200	Discus							
11B White	2 mats: PBs >1.05 starting at ~0.95			800		Hurdles 80	Development		Discus			200						
12G	200			Shot Put				Hurdles 80*	800	High Jump								
12B	Shot Put		200	800			Hurdles 80		High Jump									
13G	Triple Jump Girls 2 north pits, Boys 2 south pits			Shot Put*			Hurdles 80	200*	Development		800	3000						
13B				Shot Put			200*	Hurdles 90	Development		800	3000						
14G				800*		200		Hurdles 90	Shot Put					3000				
14B					800*	Shot Put		200	Hurdles 100						3000			
15G				800		200		Hurdles 90	Shot Put						3000			
15B					800	Shot Put		200	Hurdles 100							3000		
16 & 17 G				800	Shot Put			200	Hurdles 100							3000		
16 & 17 B					800		200	Shot Put		Hurdles 110							3000	
20					800		200	Shot Put		Hurdles 110								3000

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