



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	11:00	
Tiny Tots						Start	50	Tots program														
6G	7:30	7:45	8:00	8:10	Warm Up	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	11:00	
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			Photos: - State Team Photo - Record Breakers - Full Uniform Required +State Jacket if you have one.	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	Triple Jump / Javelin					Shot Put	1500*			Long Jump		100*	400								
11B Blue	Walk	Triple Jump / Javelin					1500	100		Shot Put	400			Long Jump								
11B White	Walk	Triple Jump / Javelin					1500*	100*		Shot Put	400*			Long Jump								
12G	Walk	Triple Jump / Javelin				Warm Up		Development		400	1500*		Discus		100*		Long Jump					
12B	Walk	Triple Jump / Javelin						Discus		400*		100*		Development		1500*		Long Jump				
13G	Walk / 3000	Discus / Javelin						1500		200H	100		High Jump		400		Long Jump					
13B	Walk / 3000	Discus / Javelin			1500*			200H*	100*		High Jump		400*		Long Jump							
14G	Walk / 3000	Discus / Javelin			100		300H	Long Jump		400	1500				High Jump							
14B	Walk / 3000	Discus / Javelin			100*		300H	Long Jump		400*	1500*				High Jump							
15G	Walk / 3000	Discus / Javelin					300H		1500		Long Jump	100	400		High Jump							
15B	Walk / 3000	Discus / Javelin					300H*		1500*		Long Jump	100*	400*		High Jump							
16 & 17 G	Walk / 3000	Discus / Javelin					400H		High Jump	400			Long Jump	1500		100						
16 & 17 B	Walk / 3000	Discus / Javelin					400H		High Jump	400			Long Jump	1500		100						
20	Walk / 3000	Discus / Javelin					400H*		High Jump	400*			Long Jump	1500*		100*						

Relays 4x100m
Race A Family Relay. All 4 members of the relay team must be from the same family.
Race B Other teams of 4. This can include family members, cousins, friends.

Parent Sprint 100m
AKA The Hamstring Hurtle

Priority for events scheduled at the same time: Program 1 priority is Bottom to Top. * indicates priority within a timestlot. For Program 1, OLDER age groups before younger, BOYS before girls, WHITE before blue

Early Events: Please see the KO and register your interest for each event that you would like to participate in before commencing any of the events. 11's and 12's doing both Triple Jump and Javelin must complete Triple first.