

2017-2018 Tuggerah Lakes Mingara Little Athletics Friday Night Program

First event start time for 6-9's 5.30pm

First start time for 10-17's is 6.15pm

High Jump for Under 9-11's start at 5.30pm

Age managers to grab the folder\tub\athletes and go straight to their first event.

U9s & 10s doing high jump first need to do their 1st track event during high jump.

Age groups doing distance events from 500m to 1500m need to combine girls and boys.

Rotation A	1	2	3	4	5
6	200m	70m	Discus	100m	
7	long jump	70m	200m	100m	
8	Shot put	70m	200m	100m	
9	High Jump	70m	200m	800m	
10	70m	200m	Discus	1100 Race walk	
11	Discus	200m	Triple Jump	1100 Race walk	
12	Javelin	800m	200m	Triple Jump	1500 Race walk
13	800m	High Jump	200m	Shot put	1500 Race walk
14	800m	Shot put	200m	High Jump	1500 Race walk
Girls 15-17	Long Jump	200m	800m	Discus	1500 Race walk
Boys 15-17	Long Jump	200m	800m	Discus	1500 Race walk
Rotation B	1	2	3	4	5
6	50m	100m	Long Jump	70m	
7	Shot put	100m	50m	70m	
8	Long Jump	100m	400m	70m	
9	700m Race walk	Discus	400m	70m	
10	Long Jump	1500m	400m	Shot put	
11	High Jump	1500m	Shot put	400m	
12	200m Hurdles	High Jump	400m	Discus	1500m
13	200m Hurdles	Discus	1500m	Long Jump	400m
14	Triple Jump	200m Hurdles	Javelin	400m	1500m
Girls 15-17	1500m	Javelin	300m Hurdles	Triple Jump	400m
Boys 15-17	1500m	High Jump	300m Hurdles	Javelin	400m
Rotation C	1	2	3	4	5
6	200m	70m	Shot put	100m	
7	Discus	70m	500m	100m	
8	700m	Discus	60 hurdles	100m	
9	60m hurdles	Long Jump	Shot put	100m	
10	High Jump	60m Hurdles	100m	800m	
11	Javelin	60m Hurdles	Long Jump	100m	800m
12	Long Jump	60m Hurdles	Shot put	100m	
13	Triple Jump	80m Hurdles	100m	Javelin	3k
14	Discus	80/90m Hurdles	Long Jump	100m	3k
Girls 15-17	Shot put	90/100m Hurdles	High Jump	100m	3k
Boys 15-17	Shot put	100/110m Hurdles	Triple Jump	100m	3k

NOTE THE PROGRAM IS ONLY A GUIDE AND IS VARIABLE BASED ON THE AMOUNT OF ATHLETES , WEATHER ,PARENT & COMMITTEE HELP.