

2018-2019 Tuggerah Lakes Little Athletics Weekly Program

Note the program is just a guide you may be called to track events out of order or change your event order if field events are busy.

Events are subject to change at the discretion of the committee. All events to be recorded apart from those that are (Fun) events.

Age groups need to provide finish line helpers and start/time/place all distance events. All results to be taken to the finish line.

Walks and 3K are optional events this season. Mini Hurdles and Vortex can be done on the grass at the northern end of the track. Distance race marshalling in the fenced area near BBQ.

Only take and return equipment from the small green shed near the BBQ and the small hurdles shed.

The only exception to this is the Javelin safety equipment & the blue high jump mats in the large green shed.

Safety is essential please wear covered shoes , be carefull around all throws events , watch when crossing the track , no prams and small siblings in the track area and please " NO " dogs , bikes , scooters or balls.

ROTATION A

(UNDER 8 & 9 AGE GROUPS TO DO SET UP) (U10 & U11 FINISH LINE HELP) (PACK UP ALL AGE GROUPS)

Start time for 6-9's 5.30pm

Start time for 10-17's is 6 .30pm

1st High Jump for 9's to 11's is 5.30pm

Walks (optional) start at 5.30pm

Rotation A	Optional	1	2	3	4	5
6		Discus (350G)	200m	Vortex Foam Javelin (Fun)	50m	
7		Long Jump	200m	70m	50m	
8		Shot Put (1.5KG)	200m	70m	50m	
9	700m Walk	High Jump	200m	70m	800m	
10	1100m Walk	Discus (500G)	200m	70m	Turbo Plastic Javelin	
11	1100m Walk	Javelin (400G)	200m	Triple Jump	Discus (750G)	
12	1500m Walk	Triple Jump	800m	200m	Javelin (400G)	
13	1500m Walk	800m	High Jump	200m	Shot Put (3KG F , 3KG M)	
14	1500m Walk	800m	Shot Put (3KG F , 4KG M)	200m	High Jump	
Girls 15-17	1500m Walk	Long Jump	200m	800m	Discus (1KG)	
Boys 15-17	1500m Walk	Long Jump	200m	800m	Discus (1KG U15 , 1.5KG U17)	

ROTATION B

(UNDER 6 & 7 AGE GROUPS TO DO SET UP)(U12 & U13 FINISH LINE HELP) (PACK UP ALL AGE GROUPS)

Start time for 6-9's 5.30pm

Start time for 10-17's is 6 .30pm

1st High Jump for 9's to 11's is 5.30pm

Rotation B	Optional	1	2	3	4	5
6		50m	100m	Long Jump	300m pack start	
7		Shot Put (1 KG)	100m	50m	Vortex Foam Javelin (Fun)	
8		Long Jump	Vortex Foam Javelin (Fun)	400m	70m	
9		Discus (500g)	400m	70m	Turbo Plastic Javelin	
10		Long Jump	400m	Shot Put (2KG)	70m	
11		High Jump	400m	Shot Put (2KG)	1500m	
12		400m	High Jump	Discus (750G)	1500m	
13		400m	Discus (750G)	200m (68cm) Hurdles	Long Jump	1500m
14		Triple Jump	400m	Javelin (400G F , 600G M)	200m (76cm) Hurdles	1500m
Girls 15-17		400m	Javelin (500G)	300m (76cm) Hurdles	Triple Jump	1500m
Boys 15-17		400m	Triple Jump	300m (76cm) Hurdles	Javelin (700G)	1500m

ROTATION C

(UNDER 8 & 9 AGE GROUPS TO DO SET UP) (U14 & U15 & U17 FINISH LINE HELP) (PACK UP ALL AGE GROUPS)

Start time for 6-9's 5.30pm

Start time for 10-17's is 6 .30pm

1st High Jump for 9's to 11's is 5.30pm

3K (optional) start at 6.00pm.

Rotation C	Optional	1	2	3	4	5
6		30m Mini Hurdles (Fun)	70m	Shot Put (500G)	100m	
7		Discus (350G)	70m	500m Pack Start	30m Mini Hurdles (Fun)	
8		60m (45cm) Hurdles	Discus (500G)	700m Pack Start	100m	
9		Long Jump	60m 45cm Hurdles	100m	Shot Put (2KG)	
10		High Jump	800m	100m	60m (60cm) Hurdles	
11		100m	800m	Long Jump	60m (60cm) Hurdles	
12		Long Jump	100m	Shot Put (2KG)	60m (68cm) Hurdles	
13		Triple Jump	100m	Javelin (400G F , 600G M)	80m (76cm) Hurdles	
14	3k	Discus (1KG)	100m	Long Jump	80/90m (76cm) Hurdles	
Girls 15-17	3k	Shot Put (3KG U15)	100m	High Jump	90/100m (76cm) Hurdles	
Boys 15-17	3k	Shot Put (4KG U15 , 5KG U17)	100m	High Jump	100/110m (76cm) Hurdles	