

## 2018-2019 Tuggerah Lakes Mingara Little Athletics Weekly Program

### 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	3k	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

**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 descretion 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,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.**