

## 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 might be called to track events out of order or change your event order if field events are busy.

We may on occasion schedule replacement dates for wash outs etc.

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, 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.