



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		
Tiny Tots				Warm Up	Tots program			50	Tots program												
	7:30	7:45	8:00	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		
6G				Warm Up	Long Jump		50	Discus		300		100									
6B					Long Jump		50*	Discus		300*		100*									
7G					Shot Put			500		50	Vortex		100								
7B					Vortex		500**	Shot Put			50		100**								
8G					700	Hurdles 60		Development			Shot Put		200								
8B					700*	Hurdles 60*	Shot Put				200	Development									
9G Blue	Walk				Warm Up	Hurdles 60		200		Discus		100		Long Jump							
9G White	Walk					Hurdles 60*	Discus				100		200		Long Jump						
9B Blue	Walk			Discus		Hurdles 60		Long Jump			100		200								
9B White	Walk			Discus		Hurdles 60*		Long Jump			100*		200*								
10G Blue	Walk			Development			Hurdles 60	200		Scissors			100			Shot Put					
10G White	Walk			Development			Hurdles 60*	200*			Shot Put		100*	Scissors							
10B Blue	Walk			Shot Put		Hurdles 60**	Scissors			Development			200**		100						
10B White	Walk			Scissors			Hurdles 60**	200**		Development			Shot Put		100*						
11G	Walk	Javelin		Development			200		1500	Shot Put				100	Long Jump 2x Pits						
11B	Walk	Javelin		Shot Put			Development			1500	100**		Long Jump 2x Pits		200						
12G	Walk	Javelin		Warm Up	Long Jump 2x Pits				1500	100**	Discus 2x Cages		200	Development							
12B	Walk	Javelin				1500	Discus 2x Cages		100	200**	Long Jump 2xPits			Development							
13G	Walk	Discus			1500		200H	Long Jump				200	100	High Jump							
13B	Walk	Discus			1500**		200H**	Long Jump				200**	100*	High Jump							
14G	Walk	Discus				300H	Long Jump		1500*	High Jump			200		100						
14B	Walk	Discus				300H*	Long Jump		1500**	High Jump			200**		100**						
15G	Walk	Discus			300H	High Jump			100		200	Long Jump		1500 Combined							
15B	Walk	Discus			300H*				100*		200*										
16 & 17 G	Walk	Discus			400H	15's - 20's Combined			100		200	15's - 20's Combined									
16 & 17 B	Walk	Discus			400H**				100*		200*										
20	Walk	Discus		400H**	2xMats			100**		200**	2x Pits										

Priority for events scheduled at the same time: ** indicates priority within a timeslot : * indicates priority within an age group

For Program 1, Priority is from **BOTTOM** to **TOP**. **OLDER** age groups before younger, **BOYS** before girls, **WHITE** before blue