

PROGRAM 1

BOYS & GIRLS ROTATION								
ROTATION	U 6	U7	U 8	U 9	U 10	U 11	U 12	U 13 -16
5:30pm-5:45pm WARM UP								
ROTATION 1	ON TRACK	SP 1&2	DIS 1&2	LJ 1&2 (M)	HJ 1&2 (S)	JAV B&G Join	100m	100m
ROTATION 2	ON TRACK	70m	70m	100m	100m	100m	LJ 1&2	SP 1&2
ROTATION 3	—	Training	Training	DIS 1&2	LJ 1 (M)	SP 1&2	400m	400m
ROTATION 4	—	100m	100m	400m	400m	400m	JAV B&G Join	DIS 1&2
ROTATION 5	—						DIS 1&2	TJ (B&G Join)

LEGEND:

(G) - Grassed Long Jump Pits

(M) - Measure from imprint on sand on runway

(T) - Training

1&2 - Ring or pit

B&G - Boys and girls age groups to join for the event

Training - U7 and U8 meet in middle of oval at the 'Training' sign for 10-15min of training. The type of training will differ each week.

Each age group will proceed to the field event. Boys age group will take one ring or pit and girls age group will take the other ring or pit.

If there is a minimal amount of athletes in both boys and girls age group, The group may combine and only use one ring or pit.

All recording sheets to be given to the caperone when event is finished for someone to take to the results/recording table

PROGRAM 2

BOYS & GIRLS ROTATION								
ROTATION	U 6	U7	U 8	U 9	U 10	U 11	U 12	U 13 -16
5:30pm-5:45pm WARM UP								
ROTATION 1	ON TRACK	LJ 1&2 (G)	SP 1&2	200m	200m	200m	TJ B&G Join	HJ (F) B&G Join
ROTATION 2	ON TRACK	200m	200m	HJ 1&2 (S)	SP 1&2	DIS 1&2	200m	200m
ROTATION 3	—	DIS 1&2	LJ 1&2 (G)	800m	800m	800m	SP 1&2	LJ 1&2 OR B&G Join
ROTATION 4	—			SP 1&2	DIS 1&2	LJ 1&2	800m	800m
ROTATION 5	—						LJ 1&2	JAV B&G Join

LEGEND:

(G) - Grassed Long Jump Pits

(M) - Measure from imprint on sand on runway

(T) - Training

1&2 - Ring or pit

B&G - Boys and girls age groups to join for the event

Training - U7 and U8 meet in middle of oval at the 'Training' sign for 10-15min of training. The type of training will differ each week.

Each age group will proceed to the field event. Boys age group will take one ring or pit and girls age group will take the other ring or pit.

If there is a minimal amount of athletes in both boys and girls age group, The group may combine and only use one ring or pit.

All recording sheets to be given to the caperone when event is finished for someone to take to the results/recording table

PROGRAM 3

BOYS & GIRLS ROTATION								
ROTATION	U 6	U7	U 8	U 9	U 10	U 11	U 12	U 13 -16
5:30pm-5:45pm WARM UP								
ROTATION 1	ON TRACK	SP 1&2	HJ 1&2 (S)	60m H (45cm)	60m H (45cm)	80m H (60cm)	80m H (68cm)	80-100m H
ROTATION 2	ON TRACK	60m H (30cm)	60m H (45cm)	LJ 1&2 (M)	SP 1&2	HJ (F) B&G Join	DIS 1&2	JAV B&G Join
ROTATION 3	—	LJ 1&2 (G)	DIS 1&2	70m	70m	TJ B&G Join	HJ (F) B&G Join	SP 1&2
ROTATION 4	—			DIS 1&2	LJ 1&2 (M)	1500m	1500m	1500m
ROTATION 5	—					OPTIONAL NO POINTS EVENT INSTEAD OF 1500m DIS 1&2	JAV B&G Join	TJ B&G Join

LEGEND:

(G) - Grassed Long Jump Pits

(M) - Measure from imprint on sand on runway

(T) - Training

1&2 - Ring or pit

B&G - Boys and girls age groups to join for the event

Training - U7 and U8 meet in middle of oval at the 'Training' sign for 10-15min of training. The type of training will differ each week.

U11 Optional event: If the athlete wishes not to compete in the 1500m they have the option to practice discus. If they choose to do discus it is a 'no points' event.

Each age group will proceed to the field event. Boys age group will take one ring or pit and girls age group will take the other ring or pit.

If there is a minimal amount of athletes in both boys and girls age group, The group may combine and only use one ring or pit.

All recording sheets to be given to the caperone when event is finished for someone to take to the results/recording table