

Joondalup Little Athletics Centre – Sat AM 4 Feb 2012

Under 6 to Under 8 - Program B

Time	U6 Boys	U6 Girls	U7 Boys	U7 Girls	U8 Boys	U8 Girls
9:30	70m	70m	70m	70m	60m H	60m H
10:00	Long Jump	Long Jump	Shot Put	Turbo Javelin	Turbo Javelin	Shot Put
10:30						
11:00	200m	200m	200m	200m	70m	70m
11:30	Turbo Javelin	Turbo Javelin	Long Jump	Discus	Discus	Long Jump

Under 9 and above – Open Program

- Choose any four events
- Field events are run by Age Group Coordinator. Track events are run by Track Marshall

Time	U9 Boys	U9 Girls	U10/11 Boys	U10 Girls	U11 Girls	U12 Boys	U12/13 Girls	U13 Boys	U14+
7:45	700m W	700m W	1100m W	1100m W	1100m W	1500m W	1500m W	1500m W	1500m W High Jump
8:00	100m Long Jump	100m	100m Javelin 1500m (U11B only)	100m Javelin	1500m 100m Shot Put	1500m Discus	1500m Discus	1500m	1500m High Jump
8:30	200m High Jump	200m Long Jump	200m Discus	200m Discus	200m Long Jump	100m High Jump	100m Long Jump	100m Javelin	100m Javelin
9:00	Shot Put	Shot Put	High Jump	Long Jump	Discus	200m Javelin	200m Javelin	200m Long Jump	200m Long Jump
9:30	400m	400m High Jump	400m	400m	400m Triple Jump	Long Jump	High Jump	Discus	Discus
10:00	60m H	60m H	60m H Long Jump	60m H High Jump	60m H	400m	400m	400m High Jump	400m
10:30	800m Turbo Javelin	800m Turbo Javelin	800m Triple Jump	800m Triple Jump	800m High Jump	800m 60m H Triple Jump	800m 60-80m H	800m 80m H Shot Put	800m 80+m H Shot Put
11:00	Discus 70m	Discus 70m	Shot Put	Shot Put	Javelin		Triple Jump	Triple Jump	Triple Jump
11:30						Shot Put	Shot Put 200m H (U13G only)	200m H	200m H