

# Little Athletics Program 2014/2015 Season

	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15/16
<b>Program A</b>	100m	100m	100m	100m	100m	100m	100m	100m	100m
	200m	200m	200m	200m	200m	200m	200m	200m	200m
<b>Program B</b>	Mini Olympics	600m	800m	800m	800m	800m	800m	800m	800m
	Long Jump	High Jump	Triple Jump	Triple Jump	High Jump	Long Jump	Long Jump	Triple Jump	High Jump
	Discus		Jump	Jump	Shot Put	Discus	Shot Put	Shot Put	Discus
	<b>8.00am start for Under 11 to Under 16 Walk and Long Hurdles</b>				<b>200mH</b>	<b>200mH</b>	<b>1500mW</b>	<b>1500mW</b>	<b>1500mW</b>
	70m	70m	70m	70m	70m	70m	100m	100m	100m
A 100m	400m	400m	400m	400m	1500m	100m	1100mSC	1100mSC	
( \$0m	800mW	80mH	80mH	80mH	80mH	100m	1100mSC	1100mSC	
High Jump (Girls)	Triple Jump	Long Jump	High Jump	Long Jump	Triple Jump (Boys)	Triple Jump	High Jump	Long Jump	
Triple Jump (Boys)	Shot Put	Discus	Shot Put	Discus	High Jump (Girls)	Discus	Javelin	Javelin	
Shot Put (Girls)					Shot Put (Boys)				
					Javelin (Girls)				
<b>Program C</b>	<b>8.00am start for Under 11 to Under 16 Walk and Long Hurdles</b>				<b>1500mW</b>	<b>1500mW</b>	<b>300mH</b>	<b>300mH</b>	<b>300mH</b>
	70m	70m	100m	100m	100m	100m	70m	70m	70m
	400m	60mH	60mH	60mH	* 0m<	* 0m<	100m	100m	1500m
	Mini Olympics	Long Jump	1100mW	1100mW	( \$0m	( \$0m	( 00m	( 00m	400m
	High Jump (Boys)	Discus	High Jump	Long Jump	Triple Jump	High Jump (Boys)	High Jump	Long Jump	Triple Jump
	Triple Jump (Girls)	Shot Put	Shot Put	Discus	Javelin	Triple Jump (Girls)	Javelin	Discus	Hammer
Shot Put (Boys)					Javelin (Boys)			Shot Put	
					Shot Put (Girls)				

The U6 program will include an On Track (skills and games) session, a sprint (70/100m) and either a long jump or throw (Shot Put/Discus). After Christmas they will also begin exploring events that they will compete in the following year. eg. High Jump, Triple Jump and Race Walking.