

# Knox Little Athletics Centre 2015-16 Track & Field Program

Note: Boys and Girls do the same events in each age group, except where indicated (U7 and U12, in Program B and C)

	Under 6 *	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15/16
Program A	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
	On Track	200m	200m	200m	200m	200m	200m	200m	200m	200m
	Mini Olympics	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	Discus		Vortex	Vortex	Shot Put	Discus	Shot Put	Shot Put	Discus
Program B	8.00am Start for Under 11 to Under 16 Walk / Long Hurdles					200mH	200mH	1500m Walk	1500m Walk	1500m Walk
	70m	70m	70m	70m	70m	70m	70m	100m	100m	100m
	On Track	400m Walk	800m Walk	80mH	80mH	80mH	80mH	80mH	80mH/90mH	90mH/100mH
	Mini Olympics	Mini Olympics	400m	400m	400m	1500m	1500m	1100m SC	1100m SC	1100m SC
		TJ (B) / HJ (G)	Triple Jump	Long Jump	High Jump	Long Jump	TJ (B) / HJ (G)	Triple Jump	High Jump	Long Jump
	Shot Put	Shot Put (G)	Shot Put	Discus	Discus	Javelin	SP (B) / Jav (G)	Discus	Javelin	Shot Put
Program C	8.00am Start for Under 11 to Under 16 Walk / Long Hurdles					1500m Walk	1500m Walk	300mH	300mH	300mH
	70m	70m	70m	100m	100m	100m	100m	70m	70m	70m
	On Track	400m	60mH	60mH	60mH	60mH	60mH	1500m	1500m	1500m
	Mini Olympics	Mini Olympics		1100m Walk	1100m Walk	400m	400m	400m	400m	400m
		HJ (B) / TJ (G)	Long Jump	High Jump	Long Jump	Triple Jump	HJ (B) / TJ (G)	High Jump	Long Jump	Triple Jump
	Shot Put (B)	Discus	Shot Put	Shot Put	Discus	Jav (B) / SP (G)	Javelin	Discus	Javelin Hammer	

\* The Under 6 program consists of an On Track (skills and games) session, a sprint, and a jump or throw.

After Christmas they may also begin exploring events that they will compete in the following year. e.g Triple Jump, High Jump and Race Walking.