



JUNIOR LITTLE ATHLETICS

4:15-5:45PM

ROTATION WEEK 1 EVENTS

**** After athletes gather in age groups, all to warm up for 10 mins with coach at their first event from 4:20-4:30.**

EVENT	SPRINTS	LONG JUMP	DISCUS	RACE SKILLS	HIGH JUMP	MIDDLE DISTANCE	SHOT PUT	HURDLES
LOCATION	Sprint track	Long Jump pit	Discus ring	200m start on Centre track	High Jump	400m start on Centre track	Shot Put ring	Hurdles track
1 4:20 Warm-up included	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B
2 4:50	U9B	U6G	U6B	U7G	U7B	U8G	U8B	U9G
3 5:15	U9G	U9B	U6G	U6B	U7G	U7B	U8G	U8B

**** After completion of last rotation, each age group parent helper gives out awards at the last location then dismisses at 5:40-5:45pm.**





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ROTATION WEEK 2 EVENTS

** After athletes gather in age groups, all to warm up for 10 mins with coach at their first event from 4:20-4:30.

EVENT	SPRINTS	LONG JUMP	DISCUS	RACE SKILLS	HIGH JUMP	MIDDLE DISTANCE	SHOT PUT	HURDLES
LOCATION	Sprint track	Long Jump pit	Discus ring	200m start on Centre track	High Jump	400m start on Centre track	Shot Put ring	Hurdles track
1 4:20 Warm-up included	U8B	U9G	U9B	U6G	U6B	U7G	U7B	U8G
2 4:50	U8G	U8B	U9G	U9B	U6G	U6B	U7G	U7B
3 5:15	U7B	U8G	U8B	U9G	U9B	U6G	U6B	U7G

** After completion of last rotation, each age group parent helper gives out awards at the last location then dismisses at 5:40-5:45-pm.





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ROTATION WEEK 3 EVENTS

** After athletes gather in age groups, all to warm up for 10 mins with coach at their first event from 4:20-4:30.

EVENT	SPRINTS	LONG JUMP	DISCUS	RACE SKILLS	HIGH JUMP	MIDDLE DISTANCE	SHOT PUT	HURDLES
LOCATION	Sprint track	Long Jump pit	Discus ring	200m start on Centre track	High Jump	400m start on Centre track	Shot Put ring	Hurdles track
1 4:20 Warm-up included	U7G	U7B	U8G	U8B	U9G	U9B	U6G	U6B
2 4:50	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U6G
3 5:15	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B

** After completion of last rotation, each age group parent helper gives out awards at the last location then dismisses at 5:40-5:45pm.

