

SENIOR LITTLE ATHLETICS

6:15 - 7:45PM

ROTATION WEEK 1 EVENTS

6.15pm ALL AGE GROUPS ASSEMBLE FOR ROLL CALL AT FIRST EVENT										
EVENT	100m	LONG	DISCUS	RACE	HIGH	MIDDLE	SHOT	HURDLES		
		JUMP		SKILLS ₋ 200m, 400m	JUMP	DISTANCE - 800m, 1500m	PUT			
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	U15s -	U13B	U14s	U12B	U13G	U11G	U11B	U12G		
6.20	U17s									
2	U12G	U15s -	U13B	U14s	U12B	U13G	U11G	U11B		
6:45		U17s								
3	U11B	U12G	U15s -	U13B	U14s	U12B	U13G	U11G		
7:15			U17s							
7 15	ALL SENIOR AGE GROUPS DISMISSED FROM THE LAST EVENT WHEN THE SIREN SOUNDS AT 7.45PM									
7.45	PLEASE ENSURE ALL BELONGINGS ARE COLLECTED AND MAINTAIN SOCIAL DISTANCE WHILE LEAVING THE MLA AREA PROMPTLY									



SENIOR LITTLE ATHLETICS

6:15 - 7:45PM

ROTATION WEEK 2 EVENTS

6.15pm ALL AGE GROUPS ASSEMBLE FOR ROLL CALL AT FIRST EVENT									
EVENT	100m	LONG	DISCUS	RACE	HIGH	MIDDLE	SHOT	HURDLES	
		JUMP		SKILLS -	JUMP	DISTANCE	PUT		
				200m, 400m		– 800m, 1500m			
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	U11G	U11B	U12G	U15s -	U13B	U14s	U12B	U13G	
6.20				U17s					
2	U13G	U11G	U11B	U12G	U15s -	U13B	U14s	U12B	
6:45					U17s				
3	U12B	U13G	U11G	U11B	U12G	U15s -	U13B	U14s	
7:15						U17s			
7.45	ALL SENIOR AGE GROUPS DISMISSED FROM THE LAST EVENT WHEN THE SIREN SOUNDS AT 7.45PM PLEASE ENSURE ALL BELONGINGS ARE COLLECTED AND MAINTAIN SOCIAL DISTANCE WHILE LEAVING THE MLA AREA PROMPTLY								



SENIOR LITTLE ATHLETICS

6:15 - 7:45PM

ROTATION WEEK 3 EVENTS

6.15pm ALL AGE GROUPS ASSEMBLE FOR ROLL CALL AT FIRST EVENT										
EVENT	100m	LONG	DISCUS	RACE	HIGH	MIDDLE	SHOT	HURDLES		
		JUMP		SKILLS -	JUMP	DISTANCE	PUT			
				200m, 400m		– 800m, 1500m				
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	U14s	U12B	U13G	U11G	U11B	U12G	U15s -	U13B		
6.20							U17s			
2	U13B	U14s	U12B	U13G	U11G	U11B	U12G	U15s -		
6:45								U17s		
3	U15s -	U11G	U11B	U12B	U12G	U14s	U13B	U13G		
7:15	U17s	0110	OTIB	0128	0120	0110	OTOB	0100		
1.13	0175									
7.45	ALL SENIOR AGE GROUPS DISMISSED FROM THE LAST EVENT WHEN THE SIREN SOUNDS AT 7.45PM									
1.43	PLEASE ENSURE ALL BELONGINGS ARE COLLECTED AND MAINTAIN SOCIAL DISTANCE WHILE LEAVING THE MLA AREA PROMPTLY									