



JUNIOR LITTLE ATHLETICS

4:00 - 5:25PM

GEORGES HEIGHTS 2023 ROTATION WEEK 1 EVENTS

4.00pm U7-U9 AGE GROUPS ASSEMBLE FOR ROLL CALL AT FIRST EVENT, U6s AT SPRINTS								
EVENT	100m	HIGH JUMP	DISCUS	RACE SKILLS	LONG JUMP	MIDDLE DISTANCE	SHOT PUT	HURDLES
LOCATION	Sprint track	High Jump	Discus ring	200m start on Centre track	Long Jump pit	400m start on Centre track	Shot Put ring	Hurdles track
1 4.05	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B
2 4:30	U9B	U6G	U6B	U7G	U7B	U8G	U8B	U9G
3 4:55	U9G	U9B	U6G	U6B	U7G	U7B	U8G	U8B
5.25	ALL AGE GROUPS WAIT FOR PARENT/CARER PICK-UP AT LAST EVENT, AGE MGR MARKS ROLL TO CONFIRM PICK-UP – U6G at discus move back across pathway for pickup ENSURE ALL BELONGINGS ARE TAKEN BY ATHLETES							





SENIOR LITTLE ATHLETICS

5:35 - 7:00PM

GEORGES HEIGHTS 2023 ROTATION WEEK 1 EVENTS

5.35pm ALL AGE GROUPS ASSEMBLE FOR ROLL CALL AT FIRST EVENT								
EVENT	100m	HIGH JUMP	DISCUS	RACE SKILLS– 200m, 400m	LONG JUMP	MIDDLE DISTANCE – 800m, 1500m	SHOT PUT	HURDLES
LOCATION	Sprint track	High Jump	Discus ring	200m start on Centre track	Long Jump pit	400m start on Centre track	Shot Put ring	Hurdles track
1 5.40	U14s to 17s	U11G	U10G	U12B	U10B	U13s	U11B	U12G
2 6:05	U12G	U14s to 17s	U11G	U10G	U12B	U10B	U13s	U11B
3 6:30	U11B	U12G	U14s to 17s	U11G	U10G	U12B	U10B	U13s
7.00	U10 & U11 WAIT FOR PARENT/CARER PICK-UP AT LAST EVENT, AGE MGR MARKS ROLL TO CONFIRM PICK-UP U12-17 DISMISSED FROM THE LAST EVENT WHEN THE SIREN SOUNDS AT 7.00PM ENSURE ALL BELONGINGS ARE TAKEN BY ATHLETES							

