



# **JUNIOR LITTLE ATHLETICS**

## **4:00 - 5:25PM**

### **GEORGES HEIGHTS 2023 ROTATION WEEK 3 EVENTS**

<b>4.00pm U7-U9 AGE GROUPS ASSEMBLE FOR ROLL CALL AT FIRST EVENT, U6s AT SPRINTS</b>								
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	U7G	U7B	U8G	U8B	U9G	U9B	U6G	U6B
2 4:30	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U6G
3 4:55	U7B	U9B	U6B	U6G	U8G	U8B	U7G	U9G
5.25	<b>ALL AGE GROUPS WAIT FOR PARENT/CARER PICK-UP AT LAST EVENT, AGE MGR MARKS ROLL TO CONFIRM PICK-UP – U6B at discus move back across pathway for pickup ENSURE ALL BELONGINGS ARE TAKEN BY ATHLETES</b>							





# **SENIOR LITTLE ATHLETICS**

## **5:35 - 7:00PM**

### **GEORGES HEIGHTS 2023 ROTATION WEEK 3 EVENTS**

<b>5.35pm ALL AGE GROUPS ASSEMBLE FOR ROLL CALL AT FIRST EVENT</b>								
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	U10G	U12B	U10B	U13s	U11B	U12G	U14s to 17s	U11G
2 6:05	U11G	U10G	U12B	U10B	U12G	U11B	U13s	U14s to 17s
3 6:30	U14s to 17s	U12G	U11B	U12B	U13s	U10G	U11G	U10B
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 – U11B at discus move back across pathway for pickup ENSURE ALL BELONGINGS ARE TAKEN BY ATHLETES							

