**LITTLE A’S SESSION**

**4:15 - 5:40PM**

**ROTATION WEEK 1 EVENTS**

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| **4.15pm 7s-9s AGE GROUPS ASSEMBLE FOR ROLL CALL AT FIRST EVENT, 6s AT SPRINTS** | | | | | | | | |
| EVENT | 100m | 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 | 6G | 6B | 7G | 7B | 8G | 8B | 9G | 9B |
| 2  4:45 | 9B | 6G | 6B | 7G | 7B | 8G | 8B | 9G |
| 3  5:10 | 9G | 9B | 6G | 6B | 7G | 7B | 8G | 8B |
| 5.40 | **ALL AGE GROUPS WAIT FOR PARENT/CARER PICK-UP AT LAST EVENT, AGE MGR MARKS ROLL TO CONFIRM PICK-UP**  **ENSURE ALL BELONGINGS ARE TAKEN BY ATHLETES** | | | | | | | |

**JUNIOR ATHLETICS SESSION**

**5:50 - 7:15PM**

**ROTATION WEEK 1 EVENTS**

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| **5.50pm ALL AGE GROUPS ASSEMBLE FOR ROLL CALL AT FIRST EVENT** | | | | | | | | |
| EVENT | 100m | LONG JUMP | DISCUS | RACE SKILLS– 200m, 400m | HIGH JUMP | MIDDLE  DISTANCE  – 800m, 1500m | 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  5.55 | 14s | 11G | 10G | 12B | 10B | 13s | 11B | 12G |
| 2  6:20 | 12G | 14s | 11G | 10G | 12B | 10B | 13s | 11B |
| 3  6:45 | 11B | 12G | 14s | 11G | 10G | 12B | 10B | 13s |
| 7.15 | **10s & 11s WAIT FOR PARENT/CARER PICK-UP AT LAST EVENT, AGE MGR MARKS ROLL TO CONFIRM PICK-UP**  **12s-14s DISMISSED FROM THE LAST EVENT WHEN THE SIREN SOUNDS AT 7.15PM**  **ENSURE ALL BELONGINGS ARE TAKEN BY ATHLETES** | | | | | | | |