

## BLACKTOWN LITTLE ATHLETICS EVENTS FOR THE 2019-2020 SEASON

### Week One (1) Program

Event	TT	6	7	8	9	10	11	12	13	14	15/17/sen.
50 m	X		X								
70 m		X	X	X	X	X					
100 m	X						X	X	X	X	X
200 m											
400 m				X	X	X	X	X	X	X	X
Pack		First 300m	500m								
800 m					X						
1500 m							X	X	X	X	X
3000 m									X	X	X
Walk Straight T. Hurdles				First	First	X					
Circular T. Hurdles									First	First	First
Long J.	First	X					First	X	X	X	X
High J.					X	X	X	First			
Triple J.											
Shot			First	X			X		X		
Discus					X	First		X		X	X
Javelin								X	X	X	
Other	(a)	(b) SR									
							First	First event for each Age Group.			

- Notes:
- (a) The tiny tots will participate in play training activities each week.
  - (b) SR = Shuttle Relay
  - (c) Under 6 will begin to learn the shot and discus during the season.
  - (d) U17 program will (in general) follow the U/15 age group
  - (e) This program is subject to change