

BLACKTOWN LITTLE ATHLETICS EVENTS FOR THE 2019-2020 SEASON

Week Two (2) Program

| Event | TT | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15/17/sen. |
|------------------------|--------------|--------------|-------|---------------|-----|-------|-------|---------------------------------|-------|-------|------------|
| 50 m | X | X | | | | | | | | | |
| 70 m | X | | | | | | | | | | |
| 100 m | | X | X | X | X | X | | | | | |
| 200 m | X | X | X | X | X | X | X | X | X | X | X |
| 400 m | | | | | | | | | | | |
| Pack | | | | 700m First | | | | | | | |
| 800 m | | | | | | First | First | X | X | X | X |
| 1500 m | | | | | | | | | | | |
| 3000 m | | | | | | | | | | | |
| Walk | | | | | 700 | 1100 | 1100 | 1500 | 1500 | 1500 | 1500 |
| Straight T. Hurdles | | | | | X | X | X | X | X | X | X |
| Circular T. Hurdles | | | | | | | X | X | First | First | First |
| Long J. | | | First | First | X | X | | | | | |
| High J. | | | | | | | | | First | X | X |
| Triple J. | | | | | | | X | X | X | X | X |
| Shot | | | | | X | X | | First | | X | X |
| Discus | | (b) First | X | First | | | X | | X | | |
| Javelin | | | | | | | X | | | | X |
| Other | (a) First | | | | | | | | | | |
| | | | | | | | 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