

4 Weekly PROGRAM of Events for Maroochy Little Athletics - 2021-22 season

Tiny Tots follow 1 hour Activity Program as programmed by Co-Ordinator each week

| Week No | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 - 17 |
|----------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 1 | Yellow hurdles (30) Long Jump Pit 2 Discus - Jnr Pad 100m Jumps skills | Yellow hurdles (30) Discus - Jnr Pad Long Jump Pit 2 100m 70m | 60m Hurdles (45) Long Jump Pit 2 100m Discus - Jnr Pad 70m | 60m Hurdles (45) Shot 100m 700mWalk Long Jump Pit 2 | Long Jump Pit 1 60m Hurdles (60) 100m Shot 1100mWalk | Discus 80mHurdles (60) High Jump (Flop) 100m 1100mWalk | Javelin 100m Long Jump Pit 1 400m Shot | Shot 100m Discus Triple Jump Pit 1 200m or 1500mW | High Jump (Flop) 100m Javelin Discus 200m or 1500mW <i>Option with HJ - Long J</i> |
| | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 - 17 |
| 2 | 70m Long Jump Pit 2 200m Shot - Jnr Pad 100m Walk - NT | 70m Shot 200m 300m Walk Long Jump Pit 2 | Long Jump Pit 2 70m 200m 300m Walk Shot | 70m Discus 200m High Jump (Sc) 400m | 70m High Jump (Sc) 200m Discus 400m | Discus 200m Long Jump Pit 1 Javelin 1500m | 80mHurdles (68) 200m Discus Triple Jump Pit 1 1500m | Javelin 80mH (76) U13&U14G 200m Long Jump Pit 2 1500m | Long Jump Pit 1 90,100 & 110m H (76) 200m Shot 1500m <i>Option 100m for those not doing Hurdles</i> |
| | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 - 17 |
| 3 | Discus - Jnr Pad Yellow hurdles (30) Long Jump Pit 2 100m Throws skills | Discus Yellow hurdles (30) Long Jump Pit 2 100m Shot | 60m Hurdles (45) Shot - Jnr Pad Discus 100m Long Jump Pit 2 | 60m Hurdles (45) Long Jump Pit 2 100m Shot High Jump (Sc) | Shot 60m Hurdles (60) High Jump (Sc) 100m Discus | 400m 80m Hurdles (60) 100m Discus Triple Jump Pit 1 | 400m Javelin 100m High Jump (Flop) 1500mWalk | High Jump (Flop) 400m Shot 100m 1500mWalk | 400m Triple Jump Pit 1 100m Javelin 1500mWalk <i>Option with HJ - Javelin</i> |
| | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 - 17 |
| 4 | Shot - Jnr Pad Long Jump Pit 2 200m High Jump (Skills) 70m | High Jump (Skills) Shot - Jnr Pad 200m Discus - Jnr Pad 70m | 200m High Jump (Sc) Shot - Jnr Pad 70m Discus - Jnr Pad | Discus 200m 70m Long Jump Pit 2 800m | Long Jump Pit 2 200m 70m Shot 800m | Long Jump Pit 1 200m Javelin 800m Shot | Shot 200m Triple Jump Pit 1 Discus 800m | 200H - (5x68) Javelin Discus 800m Long Jump Pit 1 | 200H-U14 / 300H-U15-17 Long Jump Pit 1 Shot 800m Discus <i>Option 200m for those not doing Hurdles</i> |
| | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 - 17 |