

## Maitland Senior & Little Athletics Club 3 week program

<b>Week A - Events</b>	U6 Boys	U6 Girls	U7 Boys	U7 Girls	U8 Boys	U8 Girls	U9 Boys	U9 Girls	U10 Boys	U10 Girls	U11 Boys	U11 Girls	U12 Boys	U12 Girls	U13 Boys	U13 Girls	U14 Boys	U14 Girls	U15 Boys	U15 Girls	U17 Boys	U17 Girls	U18/U20/0 pen Men	U18/U20/0 pen Women
50 metres (Run on back straight)																								
70 metres	X	X	X	X	X	X	X	X	X	X														
100 metres	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
200 metres																								
400 metres					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Pack Start																								
800 metres																								
1500 metres (Last event of night)											X	X	X	X	X	X	X	X	X	X	X	X	X	X
3000 metres (6PM START)																								
Walk (starts after 3000m is complete)																								
Hurdles (6PM START)*																								
High Jump								X		X		X		X		X		X		X		X		X
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Triple Jump																								
Discuss	350g		350g		500g		500g		500g		500g		750g		1kg		1kg		1kg		1.5kg		1.5kg	
Shot Put		500g		1kg		1.5kg		2kg		2kg		2kg		2kg		3kg		3kg		3kg		3kg		3kg
Javelin																								
<b>Total Events</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>
<b>Week B - Events</b>	U6 Boys	U6 Girls	U7 Boys	U7 Girls	U8 Boys	U8 Girls	U9 Boys	U9 Girls	U10 Boys	U10 Girls	U11 Boys	U11 Girls	U12 Boys	U12 Girls	U13 Boys	U13 Girls	U14 Boys	U14 Girls	U15 Boys	U15 Girls	U17 Boys	U17 Girls	U18/U20/0 pen Men	U18/U20/0 pen Women
50 metres (Run on back straight)	X	X	X	X																				
70 metres																								
100 metres																								
200 metres	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
400 metres																								
Pack Start																								
800 metres					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
1500 metres (Last event of night)																								
3000 metres (6PM START)															X	X	X	X	X	X	X	X	X	X
Walk (starts after 3000m is complete)							700m	700m	1100m	1100m	1100m	1100m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m
Hurdles (6PM START)*																								
High Jump							X		X		X		X		X		X		X		X		X	
Long Jump	X	X	X	X	X	X		X		X		X		X		X		X		X		X		X
Triple Jump											X			X		X		X		X		X		X
Discuss		350g		350g		500g		500g		500g														
Shot Put	500g		1kg		1.5kg		2kg		2kg		2kg		2kg		3kg		3kg		4kg		5kg		5kg	
Javelin											400g		400g		400g		400g		500g		500g		500g	
<b>Total Events</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>	<b>6</b>
<b>Week C - Events</b>	U6 Boys	U6 Girls	U7 Boys	U7 Girls	U8 Boys	U8 Girls	U9 Boys	U9 Girls	U10 Boys	U10 Girls	U11 Boys	U11 Girls	U12 Boys	U12 Girls	U13 Boys	U13 Girls	U14 Boys	U14 Girls	U15 Boys	U15 Girls	U17 Boys	U17 Girls	U18/U20/0 pen Men	U18/U20/0 pen Women
50 metres (Run on back straight)	X	X	X	X																				
70 metres																								
100 metres					X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
200 metres																								
400 metres																								
Pack Start	300m	300m	500m	500m	700m	700m																		
800 metres																								
1500 metres (Last event of night)											X	X	X	X	X	X	X	X	X	X	X	X	X	X
3000 metres (6PM START)																								
Walk (starts after 3000m is complete)																								
Hurdles (6PM START)*					60m	60m	60m	60m	60m	60m	80m	80m	80m	80m	80m	80m	90m	80m	100m	90m	110m	100m	110m	110m
High Jump							X		X															
Long Jump								X		X		X		X		X		X		X		X		X
Triple Jump											X		X		X		X		X		X		X	
Discuss	350g	350g	350g	350g				500g		500g		500g		750g		750g		1kg		1kg		1kg		1kg
Shot Put	500g	500g	1kg	1kg	1.5kg	1.5kg	2kg		2kg															
Javelin											400g		400g		600g		600g		700g		700g		700g	
<b>Total Events</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>

\* Longer distance hurdles available for Under 13s and above. Please ask Track Official if you would like to run in these events