# Maitland Senior & Little Athletics Club
# 3 Week Program

| Week A - Events | 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 /Open Men | U18/U20 /Open Women | TOTAL | TOTAL JUMP EVENTS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 70 metres | X | X | X | X | X | X | X | X | X | X | | | | | | | | | | | | | | | 10 | |
| 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 | 24 | |
| 200 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 400 metres | | | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | 20 | |
| Pack Start (300m / 500m / 700m) | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 800 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 1500 metres (last event of the night) | | | | | | | | | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | 14 | |
| 3000 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| Walk (700m / 1100m / 1500m) | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| Hurdles | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| High Jump | | | | | | | | Scissor | | Scissor | | X | | X | | X | | X | | X | | X | | X | 9 | |
| Long Jump | X | X | X | X | X | X | X | | X | | X | | X | | X | | X | | X | | X | | X | | 15 | 15 |
| Triple Jump | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| Discus | 350g | | 350g | | 500g | | 500g | | 500g | | 500g | | 750g | | 750g | | 1kg | | 1kg | | 1.5kg | | 1.5kg | | 12 | |
| Shot Put | | 500g | | 1kg | | 1.5kg | | 2kg | | 2kg | | 2kg | | 2kg | | 3kg | | 3kg | | 3kg | | 3kg | | 3kg | 12 | |
| Javelin | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| **Total Events** | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 24 | |

| Week B - Events | 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 /Open Men | U18/U20 /Open Women | TOTAL | TOTAL JUMP EVENTS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50 metres (8 lanes only) | X | X | X | X | | | | | | | | | | | | | | | | | | | | | 4 | |
| 70 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 100 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 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 | 24 | |
| 400 metres | | | | | X | X | | | | | | | | | | | | | | | | | | | 2 | |
| Pack Start (300m / 500m / 700m) | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 800 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 1500 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 3000 metres (6PM START) | | | | | | | | | | | | | | | X | X | X | X | X | X | X | X | X | X | 10 | |
| Walk (700m / 1100m / 1500m) | | | | | | | 700m | 700m | 1100m | 1100m | 1100m | 1100m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m | 1500m | 18 | |
| Hurdles | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| High Jump | | | | | | | Scissor | | Scissor | | X | | X | | X | | X | | X | | X | | X | | 9 | |
| Long Jump | X | X | X | X | X | X | | X | | X | | | | | | | | | | | | | | | 8 | 15 |
| Triple Jump | | | | | | | | | | | | X | | X | | X | | X | | X | | X | | X | 7 | |
| Discus | | 350g | | 350g | | 500g | | 500g | | 500g | | | | | | | | | | | | | | | 5 | |
| Shot Put | 500g | | 1kg | | 1.5kg | | 2kg | | 2kg | | 2kg | | 2kg | | 3kg | | 3kg | | 4kg | | 5kg | | 5kg | | 12 | |
| Javelin | | | | | | | | | | | | 400g | | 400g | | 400g | | 400g | | 500g | | 500g | | 500g | 7 | |
| **Total Events** | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 24 | |

| Week C - Events | 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 /Open Men | U18/U20 /Open Women | TOTAL | TOTAL JUMP EVENTS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 70 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 100 metres (8 lanes only) | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | 24 | |
| 200 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 400 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| Pack Start (300m / 500m / 700m) | 300m | 300m | 500m | 500m | 700m | 700m | | | | | | | | | | | | | | | | | | | 6 | |
| 800 metres | | | | | | | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | 18 | |
| 1500 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| 3000 metres | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| Walk (700m / 1100m / 1500m) | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| Hurdles (6PM START) | | | | | 60m | 60m | 60m | 60m | 60m | 60m | 80m | 80m | 80m | 80m | 80m | 80m | 90m | 80m | 100m | 90m | 110m | 100m | 110m | 110m | 20 | |
| | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| High Jump | | | | | | | | | | | | | | | | | | | | | | | | | 0 | |
| Long Jump | | | | | | | | X | | X | | X | | X | | X | | X | | X | | X | | X | 9 | 16 |
| Triple Jump | | | | | | | | | | | X | | X | | X | | X | | X | | X | | X | | 7 | |
| Discus | | | | | 500g | 500g | 500g | | 500g | | | 500g | | 750g | | 750g | | 1kg | | 1kg | | 1kg | | 1kg | 11 | |
| Shot Put | 500g | 500g | 1kg | 1kg | 1.5kg | 1.5kg | 2kg | 2kg | 2kg | 2kg | | | | | | | | | | | | | | | 10 | |
| Javelin | Vortex | Vortex | Vortex | Vortex | | | | | | | 400g | | 400g | | 600g | | 600g | | 700g | | 700g | | 700g | | 11 | |
| **Total Events** | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 24 | |