Terrigal Wamberal Little Athletics Season 2024-25 Week 1

StraightTrack/Circular Track/Straight Hurdles Track
LJ (x 3), TJ (x1), Discus (x2), SP (x2)

Start	Tiny														13+ B&G (U14's,
Time	Tots	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B+G	15's)
6:00		50	LJ 1	LJ 2	LJ 3	60H/45cm				SP 1	SP 2	Disc 1		Disc 2	400
6:05	50						60H/45cm						400		
6:10						100		60H/45cm							TJ 4
6:15	Activity 1	70							60H/45cm						
6:20							100			60H/60cm					
6:25			50						400		60H/60cm				
6:30		Soft Discus 1		50		SP 1		Disc 2				400	80H/60cm	80H/68cm	
6:35	LJ 1				100		SP 2			400					0011/76/ (426)
6:40				70									⊔ 2	400	80H/76cm/ (13G) 90H/76cm (13B, 14G, 15G) 100H/76cm (14B, 15B)
0.10				, 0									2,2	100	135)
6:45	Activity		100								400	80H/60cm			
6:50	2			100	70				70		110			LJ 4	
6:55 7:00		100 A	70 B	100		200		400	SP 1	LJ 1	LJ 3		Disc 2		SP 2
7:05		100 A	70 B		50 B	200	200		3F 1			LJ 2	DISC 2		3F Z
7:10								70 B						100 A	
7:15						70 A	70 B								
7:20								200		100 A	100 B				
7:25 7:30									200			100 A	100 B		200
7.30															200

Terrigal Wamberal Little Athletics Season 2024-25 Week 2

Straight Track/Circular Track
LJ (x 4), HJ (x1 scissors, x 2 big), SP (x2), Discus (x2)

Start	Tiny														13+ B&G (U14's,
Time	Tots	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B+G	15's)
	- Activity - 1							HJ							
6:00		LJ 1		SP 1	SP 2	Disc 1	LJ 2	(scissors)	Disc 2	LJ 3	LJ 4	HJ 1	HJ 2	100	1500 (pack)
6:05			50												
6:10															
6:15			100											800	
6:20	200 (pack)						700								
							700			70	70				
6:25	Activity		C-ft			700	(pack)			70	70				
C-20	2	50	Soft Discus 2			700								SP 1	Disc 1
6:30 6:35		50	Discus 2		50	(pack)							800 (pack)	3P 1	DISC 1
6:40				50	30						100	800 (pack)	800 (pack)		
6:45				30						100	100	800 (pack)			
6:50	LJ 1	100				LJ 2	Disc 1		800 (pack)	100					
6:55		100			100	L) Z	Disc I	800 (pack)					100	HJ 1	
0.55					100			ooo (pacit)					100	113 1	
7:00				100				SP 2	HJ (scissors)		800 (pack)	100			
7:05										800 (pack)					100
		200	200							,					
7:10		(pack)	(pack)												
7:15					200							SP 1			200
7:20				200			70								
7:25						70				Disc 1	Disc 2		200		
7:30									70					200	HJ 1
7:35								70				200	SP 2		
7:40															
7:45															
7:50															
7:55															
8:00															

Terrigal Wamberal Little Athletics Season 2024-25 Week 3

Straight Track/Circular Track (with hurdles)
LJ (x2, TJ (x1), HJ (x1 scissors), SP (x2), Discus (x2)

Start	Tiny														13+ B&G (U14's,
Time	Tots	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B+G	15's)
		300													
6:00		(pack)		Disc 1	Disc 2	LJ 2	LJ 3		70	HJ (scissors)	SP 1	TJ 4	SP 2	100	
			300												
6:05			(pack)					100							
			, , ,												200H/76cm (13G,
	IJ1														13B)
															300H/76cm
6:10									100						(14B&G, 15B&G)
6:15		50							100					1500	(14800, 13800)
6:20		30	50											1300	
6:25			30			70						1500			
6:30	Activity	SP 2	SP 1			70				70	HJ (scissors)	1300	1500		
6:35	1	31 2	31 1				70			70	113 (30133013)		1300		800
6:40							70	70	Disc 2						800
6:45	Activity			50				70	DISC 2						Disc 1
6:50	2			30	50										DISC 1
0.50					30	400									
C.FF	100							LJ 2					T. 4	CD 1	
6:55	100					(pack)	400	LJ Z					TJ 4	SP 1	
							400					400			
7:00				70	70		(pack)			100		100			
7:05					70					400					
7:10			70								400				
				500											
7:15		70		(pack)				200	200			SP 2			
					500										
7:20					(pack)	100				200			100		100
7:25							100	Disc 1	LJ 1	Disc 2	70			200	
7:30						200									
7:35							200								LJ 2
7:40 7:45													200	TJ 4	
											200				
7:50												200			
7:55 8:00															
0.00															