

**PARRAMATTA LITTLE ATHLETICS CENTRE
2016/17 WEEKLY PROGRAM**

WEEK 1	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13s	14s	15s	17s
	50	SP5	SP4	DISC3	60H	60H	70	SP1	*800	*100	HJ1	LJ3	HJ2	DISC1	LJ2	200	200	800
	LJ5	70	70	200	700	200	60H	60H	SP2	DISC2	200	200	200	100	100	800	SP3	LJ1
	70	50	200	70	LJ3	LJ4	HJ3	200	60H	200	60H	60H	DISC1	800	800	HJ1	800	DISC3
	200	LJ6	LJ4	LJ1	70	700	800	70	100	60H	LJ2	DISC2	60H	LJ2	SP1	SP2	LJ1	200
	SP5	200	500	500	200	SP4	SP1	DISC1	HJ3	800	800	800	100	60H	80H	80/90H	90/100H	HJ1
					DISC3	70	200	800	200	LJ3	SP1	SP2	800	200	200	100	100	100/110H

NB: U8, U9 & U10 HJ MUST scissor

*1ST

NOTE: 1 HOUR TIME LIMIT FOR HIGH JUMP

WEEK 2	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13s	14s	15s	17s
	HUR	SP5	DISC2	SP4	SP2	#HJ3	DISC1	LJ2	LJ3	100	LJ1	SP1	100	*1500	200H	200H	*300H	300H
	300 PACK	50	50	70	100	70	LJ3	400	100	70	1500	1500	1500	TJ4	DISC3	HJ1	HJ2	SP3
	SP5	300 PACK	100	50	70	400	70	HJ3	70	400	DISC1	HJ2	TJ2	400	1500	400	400	1500
	50	LJ6	SP4	DISC1	LJ3	LJ4	400	70	1500	SP1	100	100	400	SP1	TJ2	TJ1	1500	400
	LJ5	HUR	70	100	400	DISC2	SP1	100	DISC1	1500	400	TJ2	SP2	100	100	1500	DISC3	TJ1
					DISC2	100	100	SP1	400	HJ3	TJ3	400	LJ4	LJ2	400	DISC3	TJ1	100

NOTE: 1 HOUR TIME LIMIT FOR HIGH JUMP

#USE PRACTICE ROPE: DO NOT MEASURE

NB: U8, U9 & U10 HJ MUST scissor

*12G 1500 1ST THEN 15 & 17 300H

lower height for 13s

WEEK 3	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13s	14s	15s	17s
	LJ6	70	SP3	DISC3	SP4	*60H	HJ3	200	70	DISC1	HJ2	JAV	800	HJ1	SP2	*200	LJ4	*800
	70	LJ5	50	50	60H	DISC2	60H	60H	800	200	800	200	SP1	800	LJ2	800	200	LJ1
	HUR	DISC5	200	SP4	200	LJ3	70	LJ4	60H	LJ2	60H	60H	200	DISC2	800	SP2	DISC3	200
	100	HUR	70	70	70	200	200	70	DISC1	60H	JAV	100	60H	60H	200	LJ1	800	HJ1
	DISC5	100	DISC3	200	LJ4	SP4	LJ3	DISC1	200	800	100	LJ2	LJ1	100	80H	80/90H	90/100H	100/110H
					700	700	800	800	HJ3	70	200	800	100	200	HJ1	100	100	100
													^	^	^	^	^	^

NB: U8, U9 & U10 HJ MUST scissor

*1ST

NOTE: 1 HOUR TIME LIMIT FOR HIGH JUMP

^INVITATION 1500M WALK: U12 - 17S

WEEK 4	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13s	14s	15s	17s
	100	LJ5	LJ3	SP5	400M WAL	400M WAL	DISC1	LJ1	70	HJ3	SP1	100	JAV	LJ4	*200H	200H	300H	300H
	HUR	100	100	100	100	DISC2	700M WAL	700M WAL	100M WAL	400	400	LJ2	DISC3	400	HJ1	DISC3	JAV	SP3
	LJ6	HUR	DISC2	LJ4	SP4	100	100	HJ3	LJ3	SP1	LJ1	400	100	HJ1	100	JAV	SP3	400
	70	DISC1	500	500	400	SP4	SP2	100	100	100	DISC1	HJ2	400	JAV	400	400	100	100
	DISC2	70	70	70	#HJ3	400	400	SP1	400	70	100M WAL	100M WAL	HJ1	SP3	DISC3	100	400	JAV
			~400M WAL	400M WAL	DISC2	70	LJ4	400	SP1	100M WAL	100	DISC1	LJ2	100	JAV	LJ1	HJ2	DISC3

~ NOT TIMED

#USE PRACTICE ROPE: DO NOT MEASURE

NB: U8, U9 & U10 HJ MUST scissor

*13S 1ST THEN RAISE HURDLE HEIGHT

NOTE: 1 HOUR TIME LIMIT FOR HIGH JUMP

INVITATION 3000M: U13 - 17s