

### Camberwell Malvern Little Aths program 2011/2012

Circular track: 50m, 60H, 70m, 200m, 400m, 800m, 300mH\*

Main straight: 70m, 100m, 60mH, 80mH

On Track: Program for Under 6s will run for first six weeks only.

Program 1 - Oct 15; Nov 5, 19; Dec 3, 14; Feb 11, 25; Mar 8														
Time	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B	U11G	U11B	U12+G	U12+B
9am	OT/70m	OT/70m	70m	Disc	70m	HJ	SP	LJ	800m	LJ	800m	LJ	70m	70m
9:15							800m	800m	SP	800m	SP	800m	SP	Disc
9:30	OT/SP	OT/SP	LJ	70m	HJ	70m	70m	70m	70m	70m	70m	70m	800	800
9:55	70/60H	70/60H	60H	60H	60H	Disc	HJ	80H	LJ	Disc	LJ	Disc	80H	80H
10:20	LJ	LJ	SP	LJ	LJ	60H	80H	HJ	80H	80H	80H	80H	HJ	HJ
10:50			200m	200m	SP	LJ	200m	200m	200m	200m	HJ	200m	200m	200m
11:15	SP/ 200m	SP/ 200m			200m	200m	LJ	Disc	HJ	HJ	200m	HJ	LJ	LJ

Program 2 - Oct 22; Nov 12, 26; Dec 10*; Feb 4, 15; Mar 3*														
Time	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B	U11G	U11B	U12+G	U12+B
8.55									1500	1500	1500	1500	1500	1500
9am	OT/50m	OT/50m	Disc	50m	LJ	SP	Disc	HJ	TJ	SP	TJ	SP	100m	100m
9:30	OT/Disc	OT/Disc	50m	SP	50m	50m	100m	100m	100m	100m	100m	100m	HJ	HJ
9:55	100m	100m	60H	60H	HJ	LJ	60H	SP	HJ	TJ	HJ	HJ	TJ	TJ
10:20	LJ	LJ	LJ	LJ	60H	60H	HJ	60H	60H	60H	60H	60H	60H	60H
10:50			100m	100m	Disc	HJ	400m	400m	Disc	400m	Disc	TJ	Disc	SP
11:15	50/60H	50/60H			100m	100m	TJ	TJ	400m	HJ	400m	400m	400m	400m

Program - Saturday October 8 (Come and Try Day)							
Time	U6G&B	U7G&B	U8G&B	U9G&B	U10G&B	U11G&B	U12-15G&B
9am	OT	LJ	HJ/100m	400m	60H	100m	LJ
9:30	SP	60H	LJ	Disc/SP	100m	60H	100m
9:50	100m	100m	60H	60H	Disc/SP	HJ/LJ	HJ/60H
10:10	LJ	SP/Dis	50m	LJ	HJ/400m	Disc/SP	400m
10:30	50m	50m	SP/Disc	100m/HJ	LJ	400m	Disc/SP

Correct weights for throws				
	Shot Put		Discus	
	Boys	Girls	Boys	Girls
U6	1kg	1kg	350g	350g
U7	1kg	1kg	350g	350g
U8	1.5kg	1.5kg	500g	500g
U9	2kg	2kg	500g	500g
U10	2kg	2kg	500g	500g
U11	2kg	2kg	750g	750g
U12	3kg	2kg	750g	750g
U13	3kg	3kg	1kg	750g
U14	4kg	3kg	1kg	1kg
U15	4kg	3kg	1kg	1kg

Hurdles height and set up					
Age group	Dist.	Dist.	Dist.	Number	
Hurdle height	to 1st	between	to finish	of flights	
60m					
U6-U9	45cm	12m	7m	13m	6
U10-U11	60cm	12m	7m	13m	6
U12	68cm	12m	7m	13m	6
80m					
U6-U9	45cm	12m	7m	12m	9
U10-U11	60cm	12m	7m	12m	9
U12	68cm	12m	7m	12m	9
U13-U15	76cm	12m	7m	12m	9
300m					
U13-U15	68cm	50m	35m	40m	7

High Jump suggested starting heights				
Age	1st Jump	2nd	3rd	4th
U8	50cm	70cm	80cm	90cm
U9	60cm	80cm	90cm	1m
U10	70cm	85cm	95cm	105cm
U11	80cm	90cm	1m	110cm