

Camberwell Malvern Little Aths program 2008/2009

Circular track: 50m, 200m, 400m, 800m

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

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

Program 1 - Oct 11, 25, Nov 15, 29, Jan 31, Feb 21														
Time	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B	U11G	U11B	U12+G	U12+B
9am	OT/80H	OT/80H	80H	Disc	80H	HJ	SP/800	LJ/800	800/SP	800/Dis	800/LJ	800/LJ	800/SP	800/Ds
9:30	OT/SP	OT/SP	LJ	80H	HJ	80H	80H	80H	80H	80H	80H	80H	80H	80H
9:55	70m	70m	70m	70m	70m	70m	70m	70m	LJ	LJ	SP	Disc	HJ	HJ
10:20	LJ	LJ	SP	LJ	LJ	Disc	HJ	HJ	70m	70m	70m	70m	70m	70m
10:50			200m	200m	SP	LJ	200m	200m	HJ	HJ	200m	200m	200m	200m
11:15	SP/200m	SP/200m			200m	200m	LJ	Disc	200m	200m	HJ	HJ	LJ	LJ

Program 2 - Oct 18, Nov 8, Nov 22, Dec 6, Feb 7, 21														
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/60H	OT/60H	Disc	60H	LJ	SP	Disc	HJ	TJ	TJ	Dis	SP	HJ	HJ
9:30	OT/Disc	OT/Disc	60H	SP	60H	60H	60H	60H	60H	60H	60H	60H	60H	60H
9:55	50m	50m	50m	50m	100m	100m	100m	SP	Disc	SP	HJ	HJ	TJ	TJ
10:20	LJ	LJ	LJ	LJ	HJ	HJ	HJ	100m	100m	100m	100m	100m	100m	100m
10:50	100m/ Disc	100m/ Disc	100m	100m	Disc	LJ	400m	400m	400m	400m	TJ	TJ	Disc	SP
11:15							TJ	TJ	HJ	HJ	400m	400m	400m	400m

Program - Friday Dec 12 (X-mas break-up)	
Time	Event
5.30-6.15pm	70m Santa Gift Handicap Hts and Final (U6-U7 only)
6.30pm	Visit from Santa
6.15pm-6.45pm	200m Jellis Craig Handicaps Hts (U8-U15)
7pm	200m Jellis Craig Gift Final
6-.7.30pm	Free sausage and drink

Program - Saturday October 4 (Come and Try Day)						
Time	U6G&B	U7G&B	U8G&B	U9G&B	U10G&B	U11+G&B
9am	SP/Disc	LJ	HJ	400m/Disc	60H/400m	LJ/400m
9:30	50m	50m	SP/Disc	60H/SP	Disc/SP	60H/HJ
10:00	LJ	100m	100m	LJ	HJ	Disc/SP
10:30	100m	SP/Disc	LJ/400m	100m/HJ	100m/LJ	100m

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	60cm	70cm	80cm	85cm
U9	60cm	80cm	90cm	95cm
U10	70cm	85cm	95cm	1.00m

