

Camberwell Malvern Little Aths program 2013/14													
Circular track 200m, 400m, 800m, 300mH										Throws			
80 Meter Short Track: 60mH, 80mH										Pits			
100 Meter Long Track: 70M, 100M										Mats			
OT Straight - Hand Time Sprints													

Program 1 -														
Time	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B	U11G	U11B	U12+G	U12+B
8:30														
8:45	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp
9am	LJ	LJ	LJ	LJ	HJ	HJ	1500m	1500m	1500m	1500m	Coach	Coach	Coach	Coach
9:15	LJ	LJ	LJ	LJ	HJ	HJ	100m	100m	HJ	HJ	1500m	1500m	1500m	1500m
9:30	SP	SP	100m	100m	200m	200m	TJ	LJ	HJ	HJ	TJ	TJ	SP	SP
9:45	SP	SP	200m	200m	100m	100m	TJ	LJ	Disc	SP	TJ	TJ	SP	SP
10:00	100m	100m	SP	Disc	SP	LJ	HJ	HJ	Disc	SP	200m	200m	100m	100m
10:15	200m	200m	SP	Disc	SP	LJ	HJ	HJ	200m	200m	Disc	HJ	LJ	LJ
10:30			400m	400m	LJ	Disc	SP	SP	100m	100m	Disc	HJ	LJ	LJ
10:45					LJ	Disc	SP	SP	LJ	LJ	100m	100m	HJ	HJ
11:00							200m	200m	LJ	LJ	HJ	SP	HJ	HJ
11:15											HJ	SP	200m	200m

Program 2 - A														
Time	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B	U11G	U11B	U12+G	U12+B
8:45	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp
9:00	60H	60H	60H	60H	800m		Disc	Disc	TJ	TJ	70m	70m	HJ	HJ
9:15	Disc	Disc	800m		60H	60H	Disc	Disc	TJ	TJ	LJ	LJ	HJ	HJ
9:30	Disc	Disc	LJ	LJ	HJ	HJ	60H	60H	800m		LJ	LJ	Disc	Disc
9:45	70m	70m	LJ	LJ	HJ	HJ	70m	70m	80H	80H	HJ	HJ	Disc	Disc
10:00	LJ	LJ	70m	70m	Disc	SP	LJ	TJ	Hj	HJ	HJ	HJ	800m	
10:15	LJ	LJ	Disc	SP	Disc	SP	LJ	TJ	HJ	HJ	800m		70m	70m
10:30			Disc	SP	70m	70m	Hj	HJ	SP	Disc	80H	80H	80H	80H
10:45					LJ	LJ	HJ	HJ	SP	Disc	SP	Disc	TJ	TJ
11:00					LJ	LJ	800m		70m	70m	SP	Disc	TJ	TJ
11:15														

Program 2 - B														
Time	U6G	U6B	U7G	U7B	U8G	U8B	U9G	U9B	U10G	U10B	U11G	U11B	U12+G	U12+B
8:45	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp	WarmUp
9:00	60H	60H	60H	60H	400m		Disc	Disc	TJ	TJ	70m	70m	HJ	HJ
9:15	Disc	Disc	70m	70m	60H	60H	Disc	Disc	TJ	TJ	LJ	LJ	HJ	HJ
9:30	Disc	Disc	LJ	LJ	HJ	HJ	60H	60H	400m		LJ	LJ	Disc	Disc
9:45	70m	70m	LJ	LJ	HJ	HJ	70m	70m	80H	80H	400m	400m	Disc	Disc
10:00	LJ	LJ	Disc	SP	Disc	SP	LJ	TJ	Hj	HJ	HJ	HJ	70m	70m
10:15	LJ	LJ	Disc	SP	Disc	SP	LJ	TJ	HJ	HJ	HJ	HJ	400m	400m
10:30			400m		70m	70m	Hj	HJ	SP	Disc	80H	80H	80H	80H
10:45					LJ	LJ	HJ	HJ	SP	Disc	SP	Disc	TJ	TJ
11:00					LJ	LJ	400m		70m	70m	SP	Disc	TJ	TJ
11:15														

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 setup				
	Dist.	Dist.	Dist.	Number
Distance	to 1st	between	to finish	of flights
60m	12m	7m	13m	6
80m	12m	7m	12m	9
300m	50m	35m	40m	7
Age Group	U6-U9	U10-U11	U12	U13-U15
Height (60/80)	45cm	60cm	68cm	76cm
Height (300)				68cm

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