

SOUTH EAST LITTLE ATHLETICS CENTRE PROGRAM

AGE GROUPS

EVENTS 6 7 8 9 10 11 12 13 14 15

PROGRAM ONE	Hurdles 200 Metres								X	X	X
	70 Metres	X	X	X	X	X	X	X	X	X	X
	200 Metres	X	X	X	X	X	X	X	X	X	X
	400 Metres										
	800 Metres				X	X	X	X	X	X	X
	1500 Metres										
	Shot Put						X	X			
	Discus			X		X					
	Javelin								X	X	X
	Turbo Jav				X						
	Vortex	X	X								
	High Jump			X			X				
	Long Jump	X	X					X	X		
	Triple Jump				X	X				X	X
PROGRAM TWO	70 Metres										
	100 Metres	X	X	X	X	X	X	X	X	X	X
	150 Metres	X	X								
	200 Metres										
	400 Metres			X		X	X	X	X	X	X
	Shot Put			X		X			X	X	X
	Discus	X	X		X						
	Javelin						X	X			
	Turbo Jav										
	Vortex										
	High Jump				X	X				X	X
	Long Jump	X	X	X			X				
	Triple Jump							X	X		
	PROGRAM THREE	Hurdles 60 - 100 Metres	X	X	X	X	X	X	X	X	X
70 Metres											
100 Metres		X	X	X	X	X	X	X	X	X	X
150 Metres											
200 Metres											
400 Metres					X						
1500 Metres						X	X	X	X	X	X
Shot Put		X	X		X						
Discus							X	X	X	X	X
Javelin						X					
Turbo Jav				X							
Vortex											
High Jump								X	X		
Long Jump					X	X				X	X
Triple Jump	X	X	X			X					

Please note: Program is subject to change