CENTRE PROGRAMMING GUIDE

Little Athletics NSW

HOW TO PRODUCE A CENTRE PROGRAM

Tips for Centre Competition Manager

"First Things First"

- Experience with the Centre and a quick thinker make Good Centre Competition Managers
- Every Centre is different
- Every Venue is different
- Have an "Open Mind" and accept that changes need to be done to adapt to every different situation
- Make Centre Member's aware from the start of the season that the weekly programs can change and even changes on competition day/night are at the discretion the Competition Manager.

"Start of the Season"

- How long do you want to compete for (this depends on if you run night / or morning)
- How many events do you want to do?
- How many different programs do you want to rotate (2 week / 3 week)
- Possible set time limits on age groups to finish (eg. 6:30 Start Evening Finish - Tots by 8:00 / U6 to U8 by 8:30 / U9 to U12 by 8:30to 9:00 and U13 and up by 9:30)
- Try to ensure your age groupings, I.E. U6 Boys, or U17 Girls and Boys or U13 and U14 Boys are roughly the same size. This ensures your groups will undertake Field Events at approx. the same amount of time, excluding High Jump.
- You can add extra Shot Put pads by marking grass circles for younger groups.
- As with Shot Put you can mark a Discus circle on the grass and use a Portable Discus cage to provide an extra Discus.
- Map out your Venue (1 x Circular Track / 2 x Straight Tracks / 4 x SP / 2 x Discus / 4 x Long Jumps / 3 x High Jump / etc)
- What events can be ran at same time (Circular Track – 200M and Walks / Pack Starts) inside lanes and outside lanes. Hurdles and Straight track at same time.
- You can fill gaps with novelty events, I.E. The Vortex for younger groups.
- Map out the time of the events and allow for Stoppages / Large Groups / etc, allow plenty of time at the start and then modify as the programs run if required.
- Large Age Groups only do a throw and jump event instead of three events a night.

"At Centre Competition"

- The Centre Competition Manager should be located in a central position so that they can see the whole competition and a position that Age Managers can locate easily.
- Understand where events and age groups are up to.
- When Events start to back up ask questions to the Age Managers – what events you have left / what events have you just completed.
- Think Quick
- If possible should be wired with 2way to enable to talk to starters / finishers to see where they are up to.
- GOOD COMMUNICATION always works.

2 week program – 200 athletes
How to Use Guide

Week 1	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3	Track 4
U6 Girl	Discus 3	Long Jump 1		Pack Start	100m	50m	
U6 Boy	Long Jump 1	Discus 3		Pack Start	100m	50m	
U7 Girl	Shot Put 2	Long Jump 3		Pack Start	100m	50m	
U7 Boy	Shot Put 4	Long Jump 2		Pack Start	100m	50m	
U8 Girl	Discus 1	Long Jump 2		Pack Start	100m	400m	
U8 Boy	Long Jump 2	Discus 1		Pack Start	100m	400m	
U9 Girl	Discus 2	High Jump 3		800m	100m	400m	700mW
U9 Boy	High Jump 3	Discus 2		800m	100m	400m	700mW
U10	High Jump 2	Shot Put 2		800m	100m	400m	1100mW
U11 Girl	Shot Put 1	High Jump 2	Long Jump 5	800m	100m	400m	1100mW
U11 Boy	High Jump 1	Long Jump 5	Shot Put 1	800m	100m	400m	1100mW
U12	Javelin	Shot Put 3	Triple Jump 4	800m	100m	400m	1500mW
U13/14	Long Jump 4	High Jump 1	Discus 1	800m	100m	400m	1500mW
U15/17	Shot Put 3	Triple Jump 5	Discus 2	800m	100m	400m	1500mW

All athletes should be grouped in such a way that all Age Groups are approx the same size.
The number of groups will depend on how many venues you have available for Field events.
I.E 14 groups of approx 15 as above or 10 groups of 20 athletes each.

All groups make their way to their first Field event. I.E U8B go to Long Jump nbr 2

All groups at the conclusion of Field event 1, make their way to their next Field event (2).
I.E U8G will go to Long Jump nbr 2 from their Discus.

Track events will be run in whichever order your centre feels is the most efficient, based on whether you can run one track at a time or both straight and circular.
Age Groups should be called to their Track event as they are required rather than waiting around. I.E the U11B are called to the 800m during their Long Jump, they stop the event and go directly to the 800m and then return to Long Jump.

If the above process is followed each week, then all Age Groups will be doing something the whole time except for minor delays.

Where to start….

2 week or 3 week program?

A 2 week program is very inflexible; you have to provide all the events for each age group over the 2 week period.
For the older age groups it means at least 3 field events and 4 track events each week, but it does mean that athletes are able to undertake those events more often through the season.

A 3 week program is more flexible, allowing for the eligible events to be undertaken over the 3 weeks. It allows for shorter competition time and although it does mean events are done less, it allows for more popular events to be done more often than those not as popular.

A simple test is Discus.
It takes approx. 1hour to complete Discus for 20 athletes, and all athletes do Discus.

100 athletes = 5 hours
200 athletes = 10 hours
300 athletes = 15 hours and so on.

If you have 2 Discus areas, then over a 2 week program it will take to complete;

100 athletes/5 hours = 1.25 hours per Discus area per week.
200 athletes/10 hours = 2.5 hours
300 athletes/15 hours = 3.75 hours

So for 300 athletes, if you only have 2 Discus areas it will take over 3½ hours to compete approx...
That is too long so you either get a 3rd Discus area or extend over a 3 week program.

300 athletes/15 hours = 2.5 hours with 3 Discus areas or 3 week program.

Simple example of getting a rough guide for any number of athletes.

See example 1A and 1B to highlight the difference between a 2 week and 3 week program.

Historically feedback from parents/athletes indicates that waiting around to complete an event is the source of most annoyance.
Having an U8 child sit around most of the night doing events over 3 hours is generally too much.

The aim for each Centre is to set their program so that all athletes are competing in a Field event at all times and are called to their track events as required.
See example 2 for how this works.

For this process to be successful you need to set your age groups each season so that they are of similar athlete numbers and a maximum number of groups, which is dependent on available Field venues.

A standard Centre may have the following;
Long Jumps x 3
Discus x 2
Shot Put x 2
High Jump x 2
Javelin x 1

This makes 10 field areas available and therefore you want 10 or less age groups.

To give you more areas and therefore more possible groups, a Centre can acquire a portable Discus cage and run a Discus 3 for younger age groups.

A common adjustment many Centres make is to have a couple of grass Shot Put areas, this can be achieved with a painted circle/sectors and a Shot board for younger age groups and once again this will allow you to have more Age Groups.

Events…

A Centre needs to determine which events they can provide.

Refer to the current Rules Of Competition to see which events each age group can undertake

Regardless of whether you run a 2- or 3-week program, you should provide for each age group at least 2 track and 2 field events each week.

On a 3 week program, that means an U6 age group will do Shot Put, Discus and Long Jump twice. A 3-week program allows you to run the, generally least popular events like 3000m, Walks, 200mH or time consuming events once every three (3) weeks. You can however provide events like 100m, 200m and Long Jump twice every three (3) weeks, this means that the majority of your athletes are doing events they like more often than events that may not be as popular.

Let's start programming!!

There are a number of sample 2 and 3 week programs for specific Rego numbers available.

The Centre can identify one similar to their needs and modify or start one from the beginning, for this part though we will start one from the beginning…

Step 1..

We have decided a 3-week program.

Step 2..

What are the Age group configurations?

We have;
Long Jump x 3
Discus x 3 (2 standard and 1 Portable)
Shot Put x 4 (2 standard and 2 grass areas)
High Jump x 2
Javelin x 1

So you have 13 Field areas, if you aim for 11 groups you are allowing yourself some flexibility.

Set your groups first. See sample 3 for example groupings, the age groups allocation will change from year to year depending on your registrations.

2 Week Program - 200 athletes

Week 1	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3	Track 4
U6 Girl	Discus 3	Long Jump 1		Pack Start	100m	50m	
U6 Boy	Long Jump 1	Discus 3		Pack Start	100m	50m	
U7 Girl	Shot Put 2	Long Jump 3		Pack Start	100m	50m	
U7 Boy	Shot Put 4	Long Jump 2		Pack Start	100m	50m	
U8 Girl	Discus 1	Long Jump 2		Pack Start	100m	400m	
U8 Boy	Long Jump 2	Discus 1		Pack Start	100m	400m	
U9 Girl	Discus 2	High Jump 3		800m	100m	400m	700mW
U9 Boy	High Jump 3	Discus 2		800m	100m	400m	700mW
U10	High Jump 2	Shot Put 2		800m	100m	400m	1100mW
U11 Girl	Shot Put 1	High Jump 2	Long Jump 5	800m	100m	400m	1100mW
U11 Boy	High Jump 1	Long Jump 5	Shot Put 1	800m	100m	400m	1100mW
U12	Javelin	Shot Put 3	Triple Jump 4	800m	100m	400m	1500mW
U13/14	Long Jump 4	High Jump 1	Discus 1	800m	100m	400m	1500mW
U15/17	Shot Put 3	Triple Jump 5	Discus 2	800m	100m	400m	1500mW

Week 2	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3	Track 4
U6 Girl	Long Jump 1	Shot Put 4		70m	200m		
U6 Boy	Shot Put 4	Long Jump 1		70m	200m		
U7 Girl	Discus 3	Long Jump 4		70m	200m		
U7 Boy	Long Jump 2	Discus 3		70m	200m		
U8 Girl	Shot Put 2	Long Jump 2		70m	200m	60mH	
U8 Boy	Shot Put 3	Long Jump 3		70m	200m	60mH	
U9 Girl	Long Jump 3	Shot Put 2		70m	200m	60mH	
U9 Boy	Shot Put 1	Long Jump 4		70m	200m	60mH	
U10	Long Jump 4	Discus 2		70m	200m	60mH	
U11 Girl	Discus 2	Javelin	Triple Jump 5	200m	80mH	1500m	
U11 Boy	Javelin	Triple Jump 5	Discus 1	200m	80mH	1500m	
U12	High Jump 2	Discus 1	Long Jump 3	200m	80mH	1500m	
U13/14	Triple Jump 5	Shot Put 3	Javelin	200m	80mH	1500m	200mH
U15/17	High Jump 1	Shot Put 1	Javelin	200m	90-110mH	1500m	300mH

3 Week Program - 200 athletes

Week 1	Field Event 1	Field Event 2	Track 1	Track 2	Track 3	
U6	Discus 3	Vortex	70m	200m		
U7	Vortex	Discus 3	70m	200m		
U8	Discus 1	Long jump 4	70m	400m		
U9 Girl	Long Jump 1	Shot Put 3	70m	400m		
U9 Boy	Shot Put 3	Long Jump 1	70m	400m		
U10 Girl	Long Jump 2	Discus 2	100m	400m		
U10 Boy	Discus 2	Long Jump 2	100m	400m		
U11 Girl	Shot Put 2	Long Jump 3	100m	1500m		
U11 Boy	Long Jump 3	Shot Put 2	100m	1500m		
U12	Triple Jump	Javelin	100m	1500m		
U13/14	Shot Put 1	High Jump 1	100m	1500m		
U15/17	High Jump 1	Shot Put 1	100m	1500m		

Week 2	Field Event 1	Field Event 2	Track 1	Track 2	Track 3	
U6	Discus 3	Long Jump 1	50m	100m		
U7	Long Jump 1	Discus 3	50m	100m		
U8	Vortex	Shot Put 1	60mH	100m		
U9 Girl	High Jump Sc	Discus 2	60mH	100m		
U9 Boy	Discus 2	High Jump Sc	60mH	100m		
U10 Girl	Shot Put 2	Long Jump 2	60mH	200m		
U10 Boy	Long Jump 2	Shot Put 2	60mH	200m		
U11 Girl	High Jump 1	Javelin	80mH	200m	400m	
U11 Boy	Javelin	High Jump 1	80mH	200m	400m	
U12	Long Jump 3	Shot Put 3	80mH	200m	400m	
U13/14	Discus 1	Triple Jump	80/90mH	200mH	400m	
U15/17	Triple Jump	Discus 1	90-110mH	300mH	400m	

Week 3	Field Event 1	Field Event 2	Track 1	Track 2	Track 3	
U6	Long Jump 1	Shot Put 1	50m	300m Pk		
U7	Shot Put 1	Long Jump 1	50m	500m Pk		
U8	Long Jump 2	Shot Put 2	70m	700m Pk		
U9 Girl	Shot Put 3	Vortex	70m	800m		
U9 Boy	Vortex	Shot Put 3	70m	800m		
U10 Girl	High Jump Sc	Turbo Jav	70m	800m		
U10 Boy	Turbo Jav	High Jump Sc	70m	800m		
U11 Girl	Triple Jump	Discus 1	100m	800m		
U11 Boy	Discus 1	Triple Jump	100m	800m		
U12	Discus 2	High Jump	100m	800m		
U13/14	Long Jump 3	Javelin	100m	800m		
U15/17	Javelin	Long Jump 3	100m	800m		

Example 3

Week 1	Field Event 1	Field Event 2	Track 1	Track 2	Track 3
U6 Girls					
U6 Boys					
U7 Girls					
U7 Boys					
U8 Girl/Boys					
U9 Girl/Boys					
U10 Girl/Boys					
U11 Girl/Boys					
U12 Girl/Boys					
U13/14 Girl/Boys					
U15/17 Girl/Boys					

Week 2	Field Event 1	Field Event 2	Track 1	Track 2	Track 3
U6 Girls					
U6 Boys					
U7 Girls					
U7 Boys					
U8 Girl/Boys					
U9 Girl/Boys					
U10 Girl/Boys					
U11 Girl/Boys					
U12 Girl/Boys					
U13/14 Girl/Boys					
U15/17 Girl/Boys					

Week 3	Field Event 1	Field Event 2	Track 1	Track 2	Track 3
U6 Girls					
U6 Boys					
U7 Girls					
U7 Boys					
U8 Girl/Boys					
U9 Girl/Boys					
U10 Girl/Boys					
U11 Girl/Boys					
U12 Girl/Boys					
U13/14 Girl/Boys					
U15/17 Girl/Boys					

Step 3..

Begin filling the spreadsheet like a sudoku.

- Each Week for event 1 and 2, you can only enter a Field venue once so there are no clashes.
- You need to allocate events to age groups so they do at least once.
- Some age groups may do LJ or SP twice.
- Many Centres now have extra events, like the Vortex. Younger athletes especially love it and you can do the event in the Javelin area safely.
- Many Centres cannot run Javelin events during certain track or field events so schedule it as a 3rd Field event each week if you have to.

Start with the more difficult events like Javelin, High Jump and Discus and then fill in the gaps with Long Jump and Shot Put etc. Remember that while most events will take approx. the same amount of time to complete, High Jump can take 45mins one(1) week and 1½ the next.

Week 1	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2
U6 Girls	Discus 3		Use		
U6 Boys		Discus 3	If		
U7 Girls			You		
U7 Boys			Have		
U8 Girl/Boys		Discus 1	To		
U9 Girl/Boys		High Jump 1	Run		
U10 Girl/Boys			Javelin		
U11 Girl/Boys	High Jump 2		Later		
U12 Girl/Boys		Javelin			
U13/14 Girl/Boys	Discus 2				
U15/17 Girl/Boys		Discus 2			

Week 2	Field Event 1	Field Event 2		Track 1	Track 2
U6 Girls					
U6 Boys	Vortex (Jav)				
U7 Girls	Discus 3				
U7 Boys		Discus 3			
U8 Girl/Boys		Discus 2			
U9 Girl/Boys					
U10 Girl/Boys	Discus 2	High Jump 2			
U11 Girl/Boys	Discus 1				
U12 Girl/Boys		Discus 1			
U13/14 Girl/Boys		Javelin			
U15/17 Girl/Boys	High Jump 1				

Week 3	Field Event 1	Field Event 2		Track 1	Track 2
U6 Girls	Vortex (Jav)	Discus 3			
U6 Boys	Discus 3				
U7 Girls					
U7 Boys					
U8 Girl/Boys		Discus 1			
U9 Girl/Boys					
U10 Girl/Boys					
U11 Girl/Boys					
U12 Girl/Boys	High Jump 2				
U13/14 Girl/Boys	High Jump 1				
U15/17 Girl/Boys		Javelin			

Step 4..

Now you can fill in the rest of the puzzle with all the events.

Once you get close to the finish you will then have to start moving a couple of things around to get all the events where you want them.

Week 1	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3
U6 Girls	Discus 3	Long Jump 1	Use			
U6 Boys	Long Jump 1	Discus 3	If			
U7 Girls	Long Jump 2	Shot Put 4	You			
U7 Boys	Shot Put 4	Long Jump 2	Have			
U8 Girl/Boys	Shot Put 3	Discus 1	To			
U9 Girl/Boys	Discus 1	High Jump 1	Run			
U10 Girl/Boys			Javelin			
U11 Girl/Boys	High Jump 2	Shot Put 1	Later			
U12 Girl/Boys		Javelin				
U13/14 Girl/Boys	Discus 2					
U15/17 Girl/Boys		Discus 2				

Week 2	Field Event 1	Field Event 2		Track 1	Track 2	Track 3
U6 Girls	Long Jump 1	Shot Put 4				
U6 Boys	Vortex (Jav)	Long Jump 1				
U7 Girls	Discus 3	Shot Put 3				
U7 Boys	Shot Put 3	Discus 3				
U8 Girl/Boys	Long Jump 2	Discus 2				
U9 Girl/Boys						
U10 Girl/Boys	Discus 2	High Jump 2				
U11 Girl/Boys	Discus 1					
U12 Girl/Boys		Discus 1				
U13/14 Girl/Boys		Javelin				
U15/17 Girl/Boys	High Jump 1					

Week 3	Field Event 1	Field Event 2		Track 1	Track 2	Track 3
U6 Girls	Vortex (Jav)	Discus 3				
U6 Boys	Discus 3	Shot Put 4				
U7 Girls	Long Jump 1	Discus 2				
U7 Boys	Discus 2	Long Jump 1				
U8 Girl/Boys		Discus 1				
U9 Girl/Boys						
U10 Girl/Boys						
U11 Girl/Boys						
U12 Girl/Boys	High Jump 2	Shot Put 1				
U13/14 Girl/Boys	High Jump 1					
U15/17 Girl/Boys		Javelin				

Almost there…

Week 1	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3
U6 Girls	Discus 3	Long Jump 1	Use			
U6 Boys	Long Jump 1	Discus 3	If			
U7 Girls	Long Jump 2	Shot Put 4	You			
U7 Boys	Shot Put 4	Long Jump 2	Have			
U8 Girl/Boys	Shot Put 3	Discus 1	To			
U9 Girl/Boys	Discus 1	High Jump 1	Run			
U10 Girl/Boys			Javelin			
U11 Girl/Boys	Javelin	High Jump 2	Later			
U12 Girl/Boys	High Jump 1	Javelin				
U13/14 Girl/Boys	Discus 2	Long Jump 3				
U15/17 Girl/Boys	Long Jump 3	Discus 2				

Week 2	Field Event 1	Field Event 2		Track 1	Track 2	Track 3
U6 Girls	Long Jump 1	Shot Put 4				
U6 Boys	Vortex (Jav)	Long Jump 1				
U7 Girls	Discus 3	Shot Put 3				
U7 Boys	Shot Put 3	Discus 3				
U8 Girl/Boys	Long Jump 2	Discus 2				
U9 Girl/Boys						
U10 Girl/Boys	High Jump 2	Discus 1				
U11 Girl/Boys	Discus 2	Long Jump 2				
U12 Girl/Boys	Discus 1	Triple Jump 3				
U13/14 Girl/Boys	Triple Jump 3	Javelin				
U15/17 Girl/Boys	High Jump 1	Shot Put 1				

Week 3	Field Event 1	Field Event 2		Track 1	Track 2	Track 3
U6 Girls	Vortex (Jav)	Discus 3				
U6 Boys	Discus 3	Shot Put 4				
U7 Girls	Long Jump 1	Discus 2				
U7 Boys	Discus 2	Long Jump 1				
U8 Girl/Boys		Discus 1				
U9 Girl/Boys						
U10 Girl/Boys						
U11 Girl/Boys	Shot Put 1	Triple Jump 3				
U12 Girl/Boys	Long Jump 2	Shot Put 1				
U13/14 Girl/Boys	High Jump 1	Shot Put 2				
U15/17 Girl/Boys	Triple Jump 3	Javelin				

You will reach a point, as above, where you will need to move around events from age group to age group and week to week to fit it all together.

If you find you cannot fit in all the Long Jumps, you may have to give an older group a extra Shot Put for Field Event 1 or 2 and allocate them Long Jump in Field Event 3 for 1 week. You may need to do this for a couple of groups, but they will at least keep moving the whole time.

A number of changes were made to fit everything in, but we have finished with a draft program whereEach age group is doing an event continuously each day.

See below;

Week 1	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3
U6 Girls	Discus 3	Long Jump 1				
U6 Boys	Long Jump 1	Discus 3				
U7 Girls	Long Jump 2	Shot Put 4				
U7 Boys	Shot Put 4	Long Jump 2				
U8 Girl/Boys	Shot Put 3	Discus 1				
U9 Girl/Boys	Discus 1	High Jump 1				
U10 Girl/Boys	Shot Put 2	High Jump 2				
U11 Girl/Boys	High Jump 1	Javelin				
U12 Girl/Boys	Javelin	Shot Put 1	Long Jump 2			
U13/14 Girl/Boys	Discus 2	Long Jump 3				
U15/17 Girl/Boys	Long Jump 3	Discus 2				

Week 2	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3
U6 Girls	Long Jump 1	Shot Put 4				
U6 Boys	Vortex (Jav)	Long Jump 1				
U7 Girls	Discus 3	Shot Put 3				
U7 Boys	Shot Put 3	Discus 3				
U8 Girl/Boys	Long Jump 2	Discus 2				
U9 Girl/Boys	High Jump 1	Shot Put 2				
U10 Girl/Boys	Long Jump 3	Discus 1				
U11 Girl/Boys	Discus 2	Long Jump 2				
U12 Girl/Boys	Discus 1	Triple Jump 3				
U13/14 Girl/Boys	Shot Put 2	Javelin	Triple Jump 2			
U15/17 Girl/Boys	Shot Put 1	High Jump 1				

Week 3	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3
U6 Girls	Vortex (Jav)	Discus 3				
U6 Boys	Discus 3	Shot Put 4				
U7 Girls	Long Jump 1	Discus 2				
U7 Boys	Long Jump 2	Discus 1				
U8 Girl/Boys	Shot Put 4	Long Jump 1				
U9 Girl/Boys	Discus 1	Long Jump 2				
U10 Girl/Boys	Long Jump 3	Shot Put 3				
U11 Girl/Boys	Shot Put 2	Triple Jump 3				
U12 Girl/Boys	Discus 2	High Jump 1				
U13/14 Girl/Boys	High Jump 1	Shot Put 2				
U15/17 Girl/Boys	Shot Put 1	Javelin	Triple Jump 2			

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Week 1	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3

Week 2	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3

Week 3	Field Event 1	Field Event 2	Field Event 3	Track 1	Track 2	Track 3

3 Week Program – 75 athletes

Week 1	Field Event 1	Field Event 2	Track 1	Track 2
U6	Vortex	Shot Put 1	70m	Pack Start
U7 & U8	Shot Put 1	Long Jump1	70m	Pack Start
U9 & U10	Discus 1	High Jump	70m	800m
		(Scissor)		
U11 & U12	Long Jump 1	Discus 2	100m	800m
U13-17	Long Jump 2	Javelin	100m	800m

Week 2	Field Event 1	Field Event 2	Track 1	Track 2
U6	Discus 1	Long Jump 1	50m	200m
U7 & U8	Long Jump 1	Discus 1	50m/400m	200m
U9 & U10	Long Jump 2	Shot Put 1	400m	200m
U11 & U12	Shot Put 1	Triple Jump 2	400m	200m
U13-17	High Jump	Shot Put 2	400m	200m

Week 3	Field Event 1	Field Event 2	Track 1	Track 2
U6	Long Jump 1	Shot Put 1	50m	100m
U7 & U8	Shot Put 1	Vortex	**50m**/60mH	100m
U9 & U10	Shot Put 2	Long Jump 1	60m H	100m
U11 & U12	Javelin	High Jump	80m H	1500m
U13-17	Discus 1	Triple Jump 2	80-110mH	1500m

3 Week Program – 150 athletes

Week 1	Field Event 1	Field Event 2	Track 1	Track 2	Track 3
U6	Long Jump1	Shot Put 1	70m	300m Pk	
U7	Shot Put 1	Long Jump1	70m	500m Pk	
U8	Long Jump 2	Discus 1	70m	700m Pk	
U9/10	Discus 1	Long Jump 3	100m	800m	
U11/12	Triple Jump 3	Javelin	100m	800m	
U13	Discus 2	Long Jump 2	100m	800m	
U14-17	Shot Put 2	High Jump 1	100m	800m	

Week 2	Field Event 1	Field Event 2	Track 1	Track 2	Track 3
U6	Discus 1	Long Jump 1	50m	200m	
U7	Long Jump 1	Discus 1	50m	200m	
U8	Long Jump 2	Shot Put 1	400m	200m	
U9/10	Shot Put 1	Long Jump 1	400m	200m	
U11/12	Discus 2	Long Jump 2	400m	200m	
U13	High Jump 1	Shot Put 2	400m	200m	3000m
U14-17	Triple Jump 3	Javelin	400m	200m	3000m

Week 3	Field Event 1	Field Event 2	Track 1	Track 2	Track 3
U6	Long Jump 1	Shot Put 3	50m	100m	
U7	Shot Put 1	Long Jump 1	50m	100m	
U8	Discus 1	Shot Put 1	60m H	100m	
U9/10	Turbo Jav	High Jump Sc	60m H	100m	
U11/12	High Jump 1	Shot Put 2	80mH	1500m	
U13	Triple Jump 3	Javelin	80mH	1500m	
U14-17	Discus 2	Long Jump 2	90-110mH	1500m	

3 Week Program – 300 athletes

Week 1		Field Event 1	Field Event 2	Track 1	Track 2	Track 3	Javelin
U6 Girls		Discus 3	Long Jump 1	70m	200m		
U6 Boys		Long Jump 1	Discus 3	70m	200m		
U7 Girls		Long Jump 2	Vortex (SP4)	70m	200m		
U7 Boys		Vortex (SP4)	Long Jump 2	70m	200m		
U8 Girls		Shot Put 2	Discus 2	70m	200m		
U8 Boys		Long Jump 3	Shot Put 2	70m	200m		
U9 Girl		High Jump 3	Shot Put 3	70m	200m		
U9 Boy		Shot Put 3	Long Jump 3	70m	200m		
U10 Girl/Boy		Turbo Javelin	High Jump 2	70m	200m		
U11/12 Girl		Discus 1	Triple Jump 4	100m	200m	1500m	
U11/12 Boy		Triple Jump 4	Discus 1	100m	200m	1500m	
U13 Girl/Boy		Long Jump 5	Shot Put 1	100m	200m	1500m	Javelin
U14-17 Girl		Discus 2	Triple Jump 5	100m	200m	1500m	
U14-17 Boy		Shot Put 1	High Jump 1	100m	200m	1500m	

Week 2	8.15am	Field Event 1	Field Event 2	Track 1	Track 2	Track 3	Javelin
U6 Girls		Long Jump 1	Vortex (SP4)	50m	100m		
U6 Boys		Vortex (SP4)	Long Jump 1	50m	100m		
U7 Girls		Discus 3	Long Jump 2	50m	100m		
U7 Boys		Long Jump 2	Discus 3	50m	100m		
U8 Girls		Long Jump 3	Vortex (SP2)	400m	100m		
U8 Boys		Discus 1	Vortex (SP3)	400m	100m		
U9 Girl		Vortex (Jav)	Long Jump 3	400m	700mW	100m	
U9 Boy		High Jump 3	Discus 1	400m	700mW	100m	
U10 Girl/Boy		Long Jump 4	Discus 2	400m	1100m W	100m	
U11/12 Girl		Shot Put 3	High Jump 2	400m	**1100**/1500mW	100m	
U11/12 Boy		Long Jump 5	Javelin	400m	**1100**/1500mW	100m	
U13 Girl/Boy	3000m	Discus 2	Triple Jump 4	400m	1500m W	100m	
U14-17 Girl	3000m	High Jump 1	Shot Put 1	400m	1500m W	100m	
U14-17 Boy	3000m	Shot Put 1	Long Jump 5	400m	1500m W	100m	Javelin

Week 3		Field Event 1	Field Event 2	Track 1	Track 2	Track 3	Javelin
U6 Girls		Shot Put 4	Long Jump 1	50m	300m Pk		
U6 Boys		Long Jump 1	Shot Put 4	50m	300m Pk		
U7 Girls		Shot Put 2	Discus 3	50m	500m Pk		
U7 Boys		Discus 3	Shot Put 2	50m	500m Pk		
U8 Girls		Long Jump 2	Discus 1	60m H	700m Pk		
U8 Boys		Discus 1	Long Jump 2	60m H	700m Pk		
U9 Girl		Long Jump 3	Discus 2	60m H	800m		
U9 Boy		Vortex (Jav)	Long Jump 3	60m H	800m		
U10 Girl/Boy		Shot Put 3	Long Jump 4	60m H	800m		
U11/12 Girl		Long Jump 4	Javelin	60m H	800m		
U11/12 Boy		High Jump 2	Shot Put 3	60mH	800m		
U13 Girl/Boy		Shot Put 1	High Jump 1	200m H	80mH	800m	
U14-17 Girl		Long Jump 5	Shot Put 1	200m H	90-100mH	800m	Javelin
U14-17 Boy		Discus 2	Triple Jump 5	200m H	90-110mH	800m	

CENTRE PROGRAMMING GUIDE

Little Athletics NSW

HOW TO PRODUCE A CENTRE PROGRAM