



WERRIBEE LITTLE ATHLETICS

2018/2019 Track & Field Program

	Week 1 Saturday 06-Oct-18	Week 2 Saturday 13-Oct-18	Week 3 Saturday 20-Oct-18	Week 4 Saturday 27-Oct-18	Week 5 Friday 02-Nov-18	Week 6 Saturday 10-Nov-18	17 NOV 2018	Week 7 Saturday 24-Nov-18	Week 8 Saturday 01-Dec-18	Week 9 Saturday 08-Dec-18	15 DEC 2018	Week 10 Saturday 12-Jan-19	Week 11 Saturday 19-Jan-19	Week 12 Saturday 26-Jan-19	2 FEB 2019	Week 13 Saturday 09-Feb-19	16 FEB 2019	Week 14 Saturday 23-Feb-19	Week 15 Saturday 02-Mar-19	Week 16 Friday 09-Mar-19	16 MAR 2019	23 MAR 2019			
Open Age UNDER 14 - 16	1500m walk	800m	1500m	1500m walk	400m	800m	R e g i o n R e l a y s	1500m	1500m walk	800m	S t a t e R e l a y s	800m	1500m	i n t e r c e n t r e M u l t i s	1500m walk	800m	1500m	R e g i o n T & F	800m	1500m	400m	S t a t e & F	1500m walk	800m	1500m
	100m	200m	200m	100m	200m	200m		200/300m H	100m	80-100m H		200m	200/300m H		100m	1500m walk	100m		200m	200/300m H	200m				
	400m	90-100m H	Relay	400m	long jump	90-100m H		100m	400m	100m		90-100m H	100m		400m	1500m walk	100m		200m	200/300m H	200m				
	High Jump	Triple Jump	Long jump	High Jump	discus	Triple Jump		Long jump	High Jump	Long Jump		Triple Jump	Long jump		High Jump	1500m walk	100m		200m	200/300m H	200m				
	Discus	Javelin	Shot Put	Discus		Javelin		Shot Put	Discus	Dis (B) SP (G)		Javelin	Shot Put		Discus	1500m walk	100m		200m	200/300m H	200m				
Under 13	1500m walk	800m	1500m	1500m walk	400m	800m	R e g i o n R e l a y s	1500m	1500m walk	800m	S t a t e R e l a y s	800m	1500m	i n t e r c e n t r e M u l t i s	1500m walk	800m	1500m	R e g i o n T & F	800m	1500m	400m	S t a t e & F	1500m walk	800m	1500m
	100m	200m	200m	100m	200m	200m		200m H	100m	80H		200m	200m H		100m	1500m walk	100m		200m	200m H	200m				
	400m	80m H	Relay	400m	long jump	80m H		100m	400m	100m		80m H	100m		400m	1500m walk	100m		200m	200m H	200m				
	High Jump	Triple Jump	Long Jump	High Jump	Shot Put	Triple Jump		Long Jump	High Jump	Long Jump		Triple Jump	Long Jump		High Jump	1500m walk	100m		200m	200m H	200m				
	Javelin	Shot Put	Discus	Javelin		Shot Put		Discus	Javelin	Dis (B) SP (G)		Javelin	Shot Put		Discus	1500m walk	100m		200m	200m H	200m				
Under 12	1500m walk	800m	1500m	1500m walk	400m	800m	R e g i o n R e l a y s	1500m	1500m walk	800m	S t a t e R e l a y s	800m	1500m	i n t e r c e n t r e M u l t i s	1500m walk	800m	1500m	R e g i o n T & F	800m	1500m	400m	S t a t e & F	1500m walk	800m	1500m
	100m	200m	200m	100m	200m	200m		200m	100m	80m H		200m	200m		100m	1500m walk	100m		200m	200m H	200m				
	400m	80m H	Relay	400m	triple jump	80m H		100m	400m	100m		80m H	100m		400m	1500m walk	100m		200m	200m H	200m				
	Triple Jump	High Jump	Long Jump	Triple Jump	discus	High Jump		Long Jump	Triple Jump	Long Jump		High Jump	Long Jump		Triple Jump	1500m walk	100m		200m	200m H	200m				
	Shot Put	Javelin	Discus	Shot Put		Javelin		Discus	Shot Put	Dis (B) SP (G)		Javelin	Shot Put		Discus	1500m walk	100m		200m	200m H	200m				
Under 11	800m	1100m Walk	1500m	800m	400m	1100m Walk	R e g i o n R e l a y s	1500m	800m	800m	S t a t e R e l a y s	1100m Walk	1500m	i n t e r c e n t r e M u l t i s	800m	1100m Walk	1500m	R e g i o n T & F	800m	1100m Walk	400m	S t a t e & F	800m	1100m Walk	1500m
	60m H	400m	200m	60m H	100m	400m		200m	60m H	60m H		400m	200m		100m	800m	1100m Walk		1500m	400m					
	100m	200m	Relay	100m	triple jump	200m		100m	100m	100m		200m	100m		100m	800m	1100m Walk		1500m	400m					
	Triple Jump	Long Jump	High Jump	Triple Jump	Shot Put	Long Jump		High Jump	Triple Jump	Long Jump		Long Jump	High Jump		Triple Jump	800m	1100m Walk		1500m	400m					
	Discus	Shot Put	Javelin	Discus		Shot Put		Javelin	Discus	DIS (B) SP (G)		Javelin	Shot Put		Discus	800m	1100m Walk		1500m	400m					
Under 10	60m H	1100m Walk	800m	60m H	400m	1100m Walk	R e g i o n R e l a y s	800m	60m H	800m	S t a t e R e l a y s	1100m Walk	800m	i n t e r c e n t r e M u l t i s	60m H	1100m Walk	800m	R e g i o n T & F	60m H	1100m Walk	400m	S t a t e & F	60m H	1100m Walk	1500m
	100m	200m	70m	100m	100m	70m		70m	100m	60m H		200m	70m		100m	800m	1100m Walk		800m	400m					
	400m	Relay	200m	400m	long jump	Relay		200m	400m	100m		100m	200m		400m	800m	1100m Walk		800m	400m					
	Long Jump	Long Jump	Scissor Jump	Long Jump	discus	Long Jump		Scissor Jump	Long Jump	Long Jump		Long Jump	Scissor Jump		Long Jump	800m	1100m Walk		800m	400m					
	Turbo Jav	Shot Put	Discus	Turbo Jav		Shot Put		Discus	Turbo Jav	DIS (B) SP (G)		Shot Put	Discus		Turbo Jav	800m	1100m Walk		800m	400m					
Under 9	60H	700m Walk	800m	60H	400m	700m Walk	R e g i o n R e l a y s	800m	60H	800m	S t a t e R e l a y s	700m Walk	800m	i n t e r c e n t r e M u l t i s	60H	700m Walk	800m	R e g i o n T & F	60H	700m Walk	400m	S t a t e & F	60H	700m Walk	1500m
	100m	200m	70m	100m	100m	200		70m	100m	60m H		200m	70m		100m	800m	1100m Walk		800m	400m					
	400m	Relay	200m	400m	long jump	Relay		200m	400m	100m		100m	200m		400m	800m	1100m Walk		800m	400m					
	Scissor Jump	Long Jump	Long Jump	Scissor Jump	Shot Put	Long Jump		Long Jump	Scissor Jump	Long Jump		Long Jump	Long Jump		Scissor Jump	800m	1100m Walk		800m	400m					
	Shot Put	Discus	Turbo Jav	Shot Put		Discus		Turbo Jav	Shot Put	DIS (B) SP (G)		Shot Put	Discus		Shot Put	800m	1100m Walk		800m	400m					
Under 8	60H	Scissor Jump	700m	60H	400m	Scissor Jump	R e g i o n R e l a y s	700m	60H	60m H	S t a t e R e l a y s	Scissor Jump	700m	i n t e r c e n t r e M u l t i s	60H	Scissor Jump	700m	R e g i o n T & F	60H	Scissor Jump	400m	S t a t e & F	60H	Scissor Jump	1500m
	100m	200m	70m	100m	100m	200m		70m	100m	100m		200m	70m		100m	800m	1100m Walk		800m	400m					
	Long Jump	Discus	Shot Put	Long Jump	long jump	Discus		Shot Put	Long Jump	Long Jump		Discus	Shot Put		Discus	800m	1100m Walk		800m	400m					
	On Track	On Track	On Track	On Track	Shot Put	400m		Long Jump	Discus	DIS (B) SP (G)		Shot Put	Long Jump		Discus	800m	1100m Walk		800m	400m					
								Long Jump	Discus	DIS (B) SP (G)		400m	100m		70m	800m	1100m Walk		800m	400m					
Under 7	On Track	On Track	On Track	On Track	50m	On Track	R e g i o n R e l a y s	On Track	On Track	On Track	S t a t e R e l a y s	300m	60m H	i n t e r c e n t r e M u l t i s	100m	On Track	50m	R e g i o n T & F	100m	On Track	100m	S t a t e & F	100m	On Track	1500m
					Shot Put	50m		70m	100m	100m		100m	200m		100m	800m	1100m Walk		800m	400m					
	On Track	On Track	On Track	On Track	On Track	On Track		On Track	Long Jump	DIS (B) SP (G)		Long Jump	Discus		Long Jump	800m	1100m Walk		800m	400m					
					On Track	On Track		Shot Put	Discus	Long Jump		Shot Put	Shot Put		Discus	800m	1100m Walk		800m	400m					
								On Track	On Track	On Track		300m	60m H		70m	800m	1100m Walk		800m	400m					
Under 6	On Track	On Track	On Track	On Track	50m	On Track	R e g i o n R e l a y s	On Track	On Track	On Track	S t a t e R e l a y s	100m	200m	i n t e r c e n t r e M u l t i s	70m	On Track	50m	R e g i o n T & F	100m	On Track	100m	S t a t e & F	100m	On Track	1500m
					discus	50m		70m	100m	100m		100m	200m		100m	800m	1100m Walk		800m	400m					
	On Track	On Track	On Track	On Track	On Track	On Track		On Track	Long Jump	DIS (B) SP (G)		Long Jump	Shot Put		Long Jump	800m	1100m Walk		800m	400m					
					On Track	On Track		On Track	Long Jump	DIS (B) SP (G)		Long Jump	Shot Put		Long Jump	800m	1100m Walk		800m	400m					
								Discus	Shot Put	Long Jump		Discus	Discus		Shot Put	800m	1100m Walk		800m	400m					

- Twilight Meets - Warm up starts at 5:45pm
- On Track Program - U6 - U8 Education
- Clinics - First time event experienced. No points

Please Note

Scissor Jump is High Jump for Under 8, 9 & 10 athletes. Athletes must use the "scissor" technique.

Turbo Jav for Under 9 & 10 athletes is to introduce the Javelin technique.

Walks will be offered but NO POINTS awarded, until the Centre has an adequate level of qualified Walks Judges.

Program may be subject to change at discretion of Werribee Little Athletics
Wet weather program may also be adopted with inclement weather conditions