



# WERRIBEE LITTLE ATHLETICS

## 2019/2020 Track & Field Program

	Week 1 Saturday 05-Oct-19	Week 2 Saturday 12-Oct-19	Week 3 Saturday 19-Oct-19	Week 4 Saturday 26-Oct-19	Week 5 Friday 01-Nov-19	Week 6 Saturday 09-Nov-19	Week 7 Saturday 16-Nov-19	Saturday 23-Nov-19	Week 8 Saturday 30-Nov-19	Week 9 Saturday 07-Dec-19	Saturday 14-Dec-19	Week 10 Saturday 18-Jan-20	Week 11 Saturday 25-Jan-20	Sat/Sun 01-Feb-20	Week 12 Saturday 08-Feb-20	Sat/Sun 15-Feb-20	Week 13 Saturday 22-Feb-20	Week 14 Saturday 29-Feb-20	Saturday 07-Mar-20	Sat/Sun 14-Mar-20	Saturday 21-Mar-20
Open Age UNDER 14 -	1500 m 200m Relay High Jump Shot Put	800m 100m 90-100m H Triple Jump Javelin	1500m walk 100m 400m Long Jump Discus	1500 m 200m Relay High Jump Shot Put	400m 100m Long Jump Discus 200/300m H	800m 200m 90-100m H Triple Jump Javelin	1500m walk 100m 400m Long Jump Discus	R e g i o n	1500 m 100m 200/300m H High Jump Shot Put	800m 90-100m H 100m Long Jump Dis(B) SP (G)	S t a t e	800m 200m 90-100m H Triple Jump Javelin	I n t e r	C o m b i n e d	1500m walk 100m 400m Long Jump Discus	R e g i o n	1500 m 100m 200/300m H High Jump Shot Put	800m 200m 90-100m H Triple Jump Javelin	W L A C	S t a t e	C e n t r e
Under 13	1500 m 200 m Relay High Jump Discus	800m 100m 80m H Triple Jump Shot Put	1500m walk 100m 400m Long Jump Javelin	1500 m 200 m Relay High Jump Discus	400m 100m Long Jump Shot Put 200m H	800m 200m 80m H Triple Jump Shot Put	1500m walk 100m 400m Long Jump Javelin	R e l a y s	1500 m 100m 200m H High Jump Discus	800m 80m H 100m Long Jump Dis(B) SP (G)	R e l a y s	800m 200m 80m H Triple Jump Shot Put	I n t e r	C o m b i n e d	1500m walk 100m 400m Long Jump Javelin	T r a c k	1500 m 100m 200m H High Jump Discus	800m 200m 80m H Triple Jump Shot Put	5 0 t h	S e a s o n	S e a s o n
Under 12	1500m 200m Relay Long Jump Discus	800m 100m 80m H High Jump Javelin	1500m walk 100m 400m Triple Jump Shot Put	1500 m 200 m Relay Long Jump Discus	400m 100m Long Jump Shot Put	800m 200m 80m H High Jump Javelin	1500m walk 100m 400m Long Jump Shot Put	R e l a y s	1500m 200m 100m Long Jump Discus	800m 80m H 100m Long Jump Dis(B) SP (G)	R e l a y s	1100m Walk 400m 200m Long Jump Shot Put	I n t e r	C o m b i n e d	1500m walk 100m 400m Triple Jump Shot Put	T r a c k	1500m 200m 100m Long Jump Discus	800m 200m 80m H High Jump Javelin	5 0 t h	S e a s o n	S e a s o n
Under 11	800m 80m H 100m Triple Jump Discus	1100m Walk 200m Relay Long Jump Shot Put	1500m 200m Relay High Jump Javelin	800m 80m H 100m Triple Jump Discus	400m 100m Long Jump Shot Put	1100m Walk 400m 200m Long Jump Shot Put	1500m 200m Relay High Jump Javelin	R e l a y s	800m 80m H 100m Triple Jump Discus	800m 80m H 100m Long Jump Dis(B) SP (G)	R e l a y s	1100m Walk 400m 200m Long Jump Shot Put	I n t e r	C o m b i n e d	1500m 200m 100m High Jump Javelin	T r a c k	800m 200m 100m Triple Jump Discus	1100m Walk 400m 200m Long Jump Shot Put	5 0 t h	S e a s o n	S e a s o n
Under 10	60m H 100m 400m Long Jump Turbo Jav	1100m walk 200m Relay Long Jump Shot Put	800m 70m 200m Scissor Jump Discus	60m H 100m 400m Long Jump Turbo Jav	400m 100m Long Jump Discus	1100m walk 200m Relay Long Jump Shot Put	800m 70m 200m Scissor Jump Discus	R e l a y s	60m H 100m 400m Long Jump Turbo Jav	800m 60m H 100m Long Jump Dis(B) SP (G)	R e l a y s	1100m walk 200m 100m Long Jump Shot Put	I n t e r	C o m b i n e d	800m 70m 200m Scissor Jump Discus	T r a c k	60m H 100m 400m Long Jump Turbo Jav	1100m walk 200m 100m Long Jump Shot Put	5 0 t h	S e a s o n	S e a s o n
Under 9	60m H 100m 400m Scissor Jump Shot Put	700m walk 200m Relay Long Jump Discus	800m 70m 200m Long Jump Turbo Jav	60m H 100m 400m Scissor Jump Shot Put	400m 100m Long Jump Shot Put	700m walk 200m Relay Long Jump Discus	800m 70m 200m Scissor Jump Turbo Jav	R e l a y s	60m H 100m 400m Scissor Jump Shot Put	800m 60m H 100m Long Jump Dis(B) SP (G)	R e l a y s	700m walk 200m 100m Long Jump Discus	I n t e r	C o m b i n e d	800m 70m 200m Long Jump Turbo Jav	T r a c k	60m H 100m 400m Scissor Jump Shot Put	700m walk 200m 100m Long Jump Discus	5 0 t h	S e a s o n	S e a s o n
Under 8	60m H 100m Long Jump On Track	Scissor Jump Discus On Track	700m 70m Shot Put On Track	60m H 100m Long Jump On Track	400m 100m Long Jump Shot Put	700m 200m Scissor Jump Discus	800m 70m Long Jump Shot Put	R e l a y s	60m H 100m Long Jump Discus	800m 60m H 100m Long Jump Dis(B) SP (G)	R e l a y s	700m walk 200m 100m Scissor Jump Shot Put	I n t e r	C o m b i n e d	800m 70m 100m Long Jump Shot Put	T r a c k	60m H 100m 70m Long Jump Discus	700m walk 200m 100m Long Jump Discus	5 0 t h	S e a s o n	S e a s o n
Under 7	On Track On track	On Track On track	On Track On track	On Track On track	On Track 50m	On Track 50m	On Track 50m	R e l a y s	On Track Long Jump Discus	60m H 100m Long Jump Dis(B) SP (G)	R e l a y s	300m 70m 100m Long Jump	I n t e r	C o m b i n e d	60m H 70m 200m Shot Put	T r a c k	70m 100m 200m Shot Put	300m 60m H 100m Discus	5 0 t h	S e a s o n	S e a s o n
Under 6	On Track On track	On Track On track	On Track On track	On Track On track	On Track 50m	On Track 50m	On Track 50m	R e l a y s	On Track Long Jump Shot Put	60m H 100m Long Jump Dis(B) SP (G)	R e l a y s	300m 70m 100m Shot Put	I n t e r	C o m b i n e d	60m H 70m 200m Long Jump	T r a c k	70m 100m 200m Shot Put	300m 60m H 100m Discus	5 0 t h	S e a s o n	S e a s o n

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

**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