



Sandringham Little Athletics - 2022/23 Weekly Program

Age Group	Program 3
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8.30am start (8.15am warm up)

6 Boys	Discus Cage 2	60 Hurdles Grass	100m	Vortex pit 5	
6 Girls	Discus (Jav Nth Runway)	60 Hurdles Grass	100m	Vortex pit 5	
7 Boys A	60 Hurdles Grass	100m	Discus Cage 2	Run Tech & Fitness LJ Pits	
7 Boys B	100m	60 Hurdles Grass	Run Tech & Fitness LJ Pits	Discus Cage 2	
7 Girls	Run Tech & Fitness LJ Pits	60 Hurdles Grass	100m	Shot Put Circle 3	
8 Boys A	60 Hurdles Grass	Scissor Coach+	100m	Modified Javelin Nth Jav Runway	
8 Boys B	100m	60 Hurdles Grass	Modified Javelin Nth Jav Runway	Scissor Coach+	
8 Girls A	60m Grass Hurdles	Modified Javelin Rear of HJ	100m	Scissor Jump	
8 Girls B	Scissor Jump	60 Grass Hurdles	100m	Modified Javelin Rear of HJ	
9 Boys	100m	Shot Put Circles 1/2	60m Track Hurdles	800m	
9 Girls	100m	Discus Cage 1 & 2	60m Track Hurdles	800m	

10am start

10 Boys	60 Hurdles	Long Jump Pits 3/4	Shot Put Circle 1/2	800m	
10 Girls A	60 Hurdles	Scissor Jump	Discus Cage 1&2	800m	
10 Girls B	60 Hurdles	Discus Cage 1&2	Scissor Jump	800m	
11 Boys	High Jump	80 Hurdles	100m	Javelin Nth	800m
11 Girls	100m	80 Hurdles	Long Jump Pits 1/2	800m	Javelin Sth
12 Boys	100m	80 Hurdles	High Jump	800m	Javelin Nth
12 Girls	Triple Jump Pits 1/2	80 Hurdles	100m	Javelin Sth	800m
13+ Boys	Discus Cage 1	100m	80/90/100 Hurdles	High Jump	800m
13-14 Girls	Triple Jump Pits 3/4	100m	80 Hurdles	Discus Cage 1 & 2	800m
15-17 years	100m	Shot Put Circle 3	90/100/110 Hurdles	High Jump	800m

Notes:

+ = scissor coaching, no measuring
please follow your order and location