



Sandringham Little Athletics Weekly Program (1) modified for relay times

Age Group	Program 1			
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6 Boys	On Track	70m	Long Jump Pit 5	200m
6 Girls	On Track	70m	Long Jump Pit 5	200m
7 Boys A	Shot Put Circles 1&2	200	Jumps Coaching - long pit 1/2	70m
7 Boys B	Jumps Coaching - long pit 3/4	200m	Shot Put Circles 1&2	70m
7 Girls	70m	Jumps Coaching - long pit 3/4	Discus Cage 2	200m
8 Boys A	70m	Shot Put Circles 1&2	200m	Scissor Jump
8 Boys B	Scissor Jump	200m	Shot Put Circles 3	70m
8 Girls	Discus Cage 2	200m	Long Jump Pit 3&4	70m
9 Boys	200m	Scissor Jump	70m	Modified Javelin
9 Girls	Long Jump	200m	Modified Javelin	70m

10 Boys	100m	Scissor Jump (HJ Area)	Discus Cage 2	200m	
10 Girls A	100m	Long Jump (Pit 3&4)	Modified Javelin	200m	
10 Girls B	100m	Long Jump (Pit1&2)	Modified Javelin	200m	
11 Boys	Shot Put (Circle 3)	100m	Long Jump (Pit 4)	200m	
11 Girls	Discus (Cage 2)	100m	Triple Jump (Pit 1)	200m	
12 Boys	Shot Put (Circle 2)	100m	Triple Jump (Pit 3)	200m	
12 Girls	Discus (Cage 1)	100m	High Jump	200m	
13+ Boys	Long Jump (Pit 1)	100m	Javelin	200m	
13-14 Girls	Long Jump (Pit 2)	100m	Javelin	200m	
15-17 years	Long Jump (Pit 3)	100m	High Jump	200m	Javelin

will run 1500m for those wanting to at end of 200m