



Sandringham Little Athletics - 2022/23 Weekly Program

Age Group	Program 3 <i>post christmas</i>				
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6 Boys	60 Hurdles Grass	Vortex pit 5	100m	Discus Cage 2	
6 Girls	Discus Cage 2	60 Hurdles Grass	100m	Vortex pit 5	
7 Boys A	60 Hurdles Grass	100m	Discus Cage 2	400m%%	
7 Boys B	60 Hurdles Grass	Discus Cage 1	100m	400m%%	
7 Girls	60 Hurdles Grass	100m	Shot Put Circle 1/2	400m%%	
8 Boys A	Scissor Coach+	60 Hurdles Track 45cm	100m	Modified Javelin Nth Jav Runway	
8 Boys B	100m	60 Hurdles Track 45cm	Modified Javelin Nth Jav Runway	Scissor Coach+	
8 Girls A	100m	Scissor Jump	60 Hurdles Track 45cm	Modified Javelin Rear of HJ	
8 Girls B	100m	60 Hurdles Track 45cm	Scissor Jump	Modified Javelin Sth Jav Runway	
9 Boys	100m	Shot Put Circles 1,2	60 Hurdles Track 45cm	800m	
9 Girls	Discus Cage 1	100m	60 Hurdles Track 45cm	800m	

10 Boys	60m Hurdles 60cm	Long Jump Pits 3,4	Shot Put Circle 1/2	800m	
10 Girls A	60m Hurdles 60cm	Scissor Jump	Discus Cage 1,2	800m	
10 Girls B	60m Hurdles 60cm	Discus Cage 1,2	Scissor Jump	800m	
11 Boys	100m	80m Hurdles 60cm	High Jump	800m	
11 Girls	100m	80m Hurdles 60cm	Long Jump Pits 1,2	800m	
12 Boys	100m	80m Hurdles 68cm	High Jump	800m	Javelin Nth Runway
12 Girls	Triple Jump Pits 1,2	80m Hurdles 68cm	100m	800m	Javelin Nth Runway
13+ Boys	High Jump	100m	80/90/100 Hurdles*	Discus Cage 1	800m
13-14 Girls	Triple Jump Pits 3,4	100m	80 Hurdles*	Discus Cage 2	800m
15-17 years	100m	Shot Put Circle 3	90/100/110 Hurdles*	800m	

* refer to Hurdles Table

* 60m Hurdle Red 80m Hurdle Black 90m Hurdle White 100m Hurdle Yellow 110m Hurdle Blue 200m & + scissor coaching, no measuring

%% unlaned 400m run (optional)