

Sandringham Little Athletics - 2026/27 Weekly Program - v13.1a

Age Group	Program 1					Program 2					Program 3				
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8.30am start (8.15am warm up)

6 Boys	On Track	200m	Long Jump (3)	70m		On Track	Shot Put	100m	Scissor Coaching #		On Track	100m	Discus	Grass Hurdles	
6 Girls	On Track	200m	Long Jump (4)	70m		On Track	Shot Put	100m	Scissor Coaching #		On Track	100m	Discus	Grass Hurdles	
7 Boys	Coaching #	70m	Shot Put (1)	200m		Discus (1)	100m	Scissor Coaching #	300m Pack %		Long Jump (1)	100m	Grass Hurdles	Vortex #	
	Coaching #	70m	Shot Put (2)	200m		Discus (2)	100m	Scissor Coaching #	300m Pack %		Long Jump (2)	100m	Grass Hurdles	Vortex #	
7 Girls	Scissor Coaching #	70m	Discus (1)	200m		Shot Put (1)	Coaching #	100m	300m Pack %		100m	Vortex #	Grass Hurdles	Long Jump (1)	
	Scissor Coaching #	70m	Discus (2)	200m		Shot Put (2)	Coaching #	100m	300m Pack %		100m	Vortex #	Grass Hurdles	Long Jump (2)	
8 Boys	70m	Shot Put (1)	200m	Coaching #		100m	Turbo #	Long Jump (3)	400m Pack %		Discus (1)	Grass Hurdles	Scissor Jump	100m	
	70m	Shot Put (2)	200m	Coaching #		100m	Turbo #	Long Jump (4)	400m Pack %		Discus (2)	Grass Hurdles	Scissor Jump	100m	
8 Girls	Long Jump (1)	70m	200m	Turbo #		Coaching #	100m	Discus (1)	400m Pack %		Scissor Jump	100m	Grass Hurdles	Shot Put (1)	
	Long Jump (2)	70m	200m	Turbo #		Coaching #	100m	Discus (2)	400m Pack %		Scissor Jump	100m	Grass Hurdles	Shot Put (2)	
9 Boys	200m	Discus (1)	70m	Scissor Jump		100m	Long Jump (1)	Turbo #	400m		60m Hurdles	Shot Put (1)	100m	Coaching #	800m
	200m	Discus (2)	70m	Scissor Jump		100m	Long Jump (2)	Turbo #	400m		60m Hurdles	Shot Put (2)	100m	Coaching #	800m
9 Girls	Turbo #	200m	Long Jump (1)	70m		Scissor Jump	100m	Shot Put (1)	400m		60m Hurdles	Coaching #	100m	Discus (1)	800m
	Turbo #	200m	Long Jump (2)	70m		Scissor Jump	100m	Shot Put (2)	400m		60m Hurdles	Coaching #	100m	Discus (2)	800m

10.15am start (10am warm up)

10 Boys	70m	Long Jump (2)	200m	Shot Put (3)		Turbo #	100m	Scissor Jump	400m		60m Hurdles	Coaching #	100m	Discus (2)	800m
10 Girls	70m	Scissor Jump	200m	Turbo #		100m (F)	Long Jump (4)	Discus (2)	400m		60m Hurdles	Shot Put (3)	100m	Coaching #	800m
11 Boys	Discus (1)	200m	Triple Jump (1)	1500m %		Long Jump (1)	100m	Javelin	400m		Shot Put (1)	80m Hurdles	100m	High Jump	800m
11 Girls	High Jump	200m	Shot Put (1/2)	1500m %		Javelin	100m	Long Jump (3)	400m		Discus (1)	80m Hurdles	Triple Jump (3)	100m	800m
12 Boys	Triple Jump (3)	200m	Discus (1)	1500m %		High Jump	100m	400m	Shot Put (1/2)		100m	Long Jump (1)	80m Hurdles	Javelin	800m
12 Girls	Javelin	200m	Long Jump (3)	1500m %		100m (F)	Shot Put (1/2)	High Jump	400m		100m	Triple Jump (3)	80m Hurdles	Discus (1)	800m
13-17 Boys	Long Jump (1)	200m	Javelin	200m/300m Hurdles	1500m %	Triple Jump (3)	100m	Discus (1)	400m		High Jump	100m	Shot Put (1/2)	80m/90m Hurdles	800m
13 Girls	200m	Shot Put (1)	High Jump	200m Hurdles	1500m %	100m (B)	Discus (2)	Triple Jump (1)	400m		Javelin	100m	Long Jump (1)	80m Hurdles	800m
14-17 Girls	200m	Shot Put (2)	High Jump	200m/300m Hurdles	1500m %	100m (B)	Discus (1)	Triple Jump (2)	400m		Javelin	100m	Long Jump (2)	80m/90m Hurdles	800m

Notes

* First event for Program for each age group. After that events may be held in any order

Modified Coaching Events to be developed by Coaching Team

% Unlaned event - Group/Pack start