



GIRLS DAY

# Northern Districts & Hornsby Districts Little Athletics



GIRLS DAY

## Twilight Competition - Intra Club Meet

Group	Early events	5.45pm-6.00pm	Event 1	Event 2	Event 3	Event 4	Relay Event	Relay Event	Late event(s)	
U6		Parental assistance sign-on and athlete warm-up	IC1/2 300m	6:15-6:45 Games	S5/6 50m	7:00-7:30 Long jump (Sth)	SHUTTLE RELAY (Self Selected Teams of 4)			U6
U7			6:00-6:30 Long jump (Sth)	IC3/4 500m	6:45-7:15 Games	S13 \14 100m				U7
U8			6:00-6:30 Shot Put (1.5kg-Yellow)	6:30-7:00 Long jump (Sth)	IC5/6 700m	7:15-7:45 Games				U8
U9	Triple Jump		H1/2 60mH (45cm)	S3/4 100m	6:40-7:15 Long jump (Nth)	7:15-7:30 Shot put (2kg orange)	SWEDISH RELAY One boy & One Girl from each Club for: 1 x U9 100m 1 x U10 200m 1 x U11 300m 1 x U12 400m	4 x 100m RELAY One boy & One Girl from each Club for: 1 x U9 100m 1 x U10 100m 1 x U11 100m 1 x U12 100m	700m walk	U9
U10			H3/4 60mH (60cm)	6:30-6:45 Shot put (2kg orange)	S7/8 100m	7:15-7:45 Long jump (Nth)			1100m walk	U10
U11			S1/2 100m	H5/6 60mH (60cm)	OC8/9 200m	7:00-7:15 Shot put (2kg orange)				U11
U12			OC1/2 200m	6:15-6:30 Shot Put (2kg Orange)	H7/8 60m hurdles (68cm)	S9/10 100m			1500m walk (11-14G & 11-12B - 400g; 15-17G - 500g; 13-14B - 600g; 15-17B - 700g)	U12
U13G			6.00-6.40 Long jump (Nth) Girls 14-17 Boys 14-17	6:00-6:30 Shot Put (3kg White)	OC3/4 200m	H9/10 80m hurdles (76cm)				S11 \12 100m
U13B				OC5 200m	H11 80mH - 14G (76cm)	7:15-7:45 Shot Put (3kg White)	SWEDISH RELAY One boy & One Girl from each Club for: 1 x U13 100m 1 x U14 200m 1 x U15 300m 1 x U17 400m	4 x 100m RELAY One boy & One Girl from each Club for: 1 x U13 100m 1 x U14 100m 1 x U15 100m 1 x U17 100m		U13B
U14G				OC6 200m	H12 90mH - 14B (76cm)	7:15-7:45 Shot Put (3kg White)			U14G	
U14B		OC7 200m		7:00-7:15 Shot Put (3kg White)	H13 90mH - 15G (76cm)	U14B				
U15G		6:30-6:45 Shot Put (4kg Red)		OC10 200m	H14 100mH - 15B (76cm)	U15G				
U15B		6:45-7:00 Shot Put (3kg White)	OC11 200m	H15 100mH - 17G (76cm)	U15B					
U17G	6:45-7:00 Shot Put (5kg Green)	OC12 200m	H16 110mH - 17B (76cm)	U17G						
U17B						U17B				

Version 2018c

**Program notes:**

1. Starters to follow event order as indicated on the program.
2. Field events: throw cage based on implement weight (ie. can have girls & boys in same cage), if all the same weights, split even numbers between two cages.
3. U9+ Age Managers to discuss and put forward one runner for Swedish Relay and one runner for 4 x 100m relay, preferably giving different kids a change to run
4. Early & Late Events: dependant on time & number of competitors and parental helpers