

## Katoomba District Athletics Competition Program - Program A

Time	Tots	6	7	8	9	10	11	12	13	14+
7:50	<b>Set-up</b>									
8:00										
8:10										
8:20	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
8:30	50m	50m	50m	Long Jump (Shed)	Discus - 500g (Shed)	High Jump - scissor (Shed)	Long Jump (Carpark)	Discus - 750g (Carpark)	Shot Put - 3kg (Carpark)	Javelin (Top oval)
8:40	Long Jump (Shed)		Shot Put - 1kg (Shed)	70m						14 - 17M (700g) 14 - 17F (500g) 20M (800g) 20F (600g)
8:50					70m	70m	100m			
9:00								100m	100m	100m
9:10				Shot Put - 1.5kg (Carpark)	High Jump - scissor (Shed)	Discus - 500g (Carpark)	Javelin - 400g (Top oval)	Triple Jump (Carpark)	Javelin M (600g) F (400g) (Top oval)	Long Jump (Shed)
9:20	Discus (Shed)	Shot Put - 500g (Shed)	Long Jump (Carpark)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)
9:30	(Pack up)	(Pack up)	(Pack up)							
9:40	100m									
9:50			500m Pk							
10:00		300m Pk		700m						
10:10					800m	800m				
10:20							800m			
10:30								800m	800m	800m
10:40										
10:50	RELAYS subject to interest									

**Legend**

**Track events**

**Field Events**  Javelin (Top Oval)

**Carpark** = Carpark or Southern end of Pitt Park

**Shed** = Shed or Northern end of Pitt Park

## Katoomba District Athletics Competition Program - Program B

Time	Tots	6	7	8	9	10	11	12	13	14+	
7:50									3000m	3000m	
8:00	<b>Set-up</b>										
8:10											
8:20	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	
8:30	50m	70m	70m	Long Jump (Shed)	Shot Put - 2kg (Shed)	Long Jump (Carpark)	Discus - 500g (Carpark)	High Jump 1 (Shed)	Long Jump (Carpark)	Shot Put (Carpark)	
8:40	Shot (At actual Shed)	Discus - 350g (Shed)	Long Jump (Shed)	200m						14M & 15M (4kg) 14F - 17F (3kg) 16M & 17M (5kg) 20M (6kg) 20F (4kg)	
8:50	(Pack up)				200m	200m	200m				
9:00								200m	200m		
9:10				Shot Put - 1.5kg (Shed)	Long Jump (Shed)	Discus - 500g (Carpark)	Triple Jump (Carpark)	Shot Put - 2kg (Carpark)	High Jump 1 (Shed)		High Jump 2 (Carpark)
9:20	Long Jump (Shed)	Long Jump (Shed)	Discus - 350g (Shed)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	
9:30	(Pack up)	(Pack up)	(Pack up)								
9:40											
9:50	200m	200m Pk									
10:00			200m								
10:10				400m Pk							
10:20					400m	400m	400m				
10:30								400m	400m	400m	
10:50			RELAYS subject to interest								

Legend	Track events
	Field Events

**Katoomba Little Athletics  
Competition Program - Program C**

**Track events**

**Field Events**

**Carpark** = Carpark or Southern end of Pitt Park

**Shed** = Shed or Northern end of Pitt Park

Time	Tots	6	7	8	9	10	11	12	13	14+
7:50									13 200mH (76cm)	14 & 15 300mH (76cm)
8:00	<i>Set-up</i>									
8:10										16+ 400mH (76cm)
8:20	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
8:30	70m (back straight)	70m (back straight)	70m (back straight)	Discus - 500g (Shed)	Shot Put - 2kg (Carpark)	Long Jump (Carpark)	High Jump (Shed)	Javelin - 400g (Top Oval)	Triple Jump (Carpark)	Discus (Carpark)
8:40	Long Jump (Shed)	Long Jump (Shed)	Shot Put - 1kg (Shed)				(Pack up)	(Pack up)		14 & 15 - 1kg 16M & 17M - 1.5kg 16F - 20F - 1kg 20M - 1.75kg
8:50				<i>Check hurdle specifications for run in / separation / no flights / run out</i>					13F 80mH (76cm) 13M 90mH (76cm)	16+ M 110mH (76cm) 16+ F 100mH (76cm) 14 & 15M 100mH (76cm) 14 & 15F 90mH (76cm)
9:00				60mH (45cm)	60mH (45cm)	60mH (60cm)	80mH (60cm)	80mH (68cm)	(above grouped by hurdle height and separation)	(above grouped by hurdle height and separation)
9:10				Long Jump (Shed)	Discus - 500g (Shed)	Shot Put - 2kg (Shed)	Shot Put - 2kg (Carpark)	Long Jump (Carpark)	Discus - 750g (Carpark)	Triple Jump (Shed)
9:20	Discus (At actual shed)	Shot Put - 500g (At actual shed)	Long Jump (Carpark)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)
9:30	(Pack up)	(Pack up)	(Pack up)							
9:40	100m	100m								
9:50			100m							
10:00				100m						
10:10					100m					
10:20						100m				
10:30							1500m			
10:40								1500m	1500m	1500m

## Katoomba District Athletics Competition Program - Modified Wet Weather

Time	Tots	6	7	8	9	10	11	12	13	14+					
7:50	<b>Set-up</b>														
8:00															
8:10															
8:20	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up					
8:30	50m	50m	50m	Long Jump (Shed)	Discus (Shed)	Discus (Shed)	Long Jump (Carpark)	Discus (Carpark)	Shot Put (Carpark)	Long Jump (Carpark)					
8:40	Long Jump (Shed)		Shot Put (Shed)	70m											
8:50					70m	70m	100m								
9:00								100m	100m	100m					
9:10				Shot Put (Shed)	Shot Put (Carpark)	Long Jump (Shed)	Triple Jump (Carpark)	Triple Jump (Carpark)	Long Jump (Carpark)	Discus (Carpark)					
9:20	Discus (Shed)		Long Jump (Shed)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)	(Pack up)					
9:30	(Pack up)	(Pack up)	(Pack up)	<b>The below events only run if the southern bend is OK</b>											
9:40	100m														
9:50			500m Pk												
10:00		300m Pk	700m												
10:10											800m	800m			
10:20												800m			
10:30													800m	800m	800m
10:40															

**Legend**

**Track events** (Yellow background)

**Field Events** (Blue background) Javelin (Top Oval)

**Carpark** = Carpark or Southern end of Pitt Park

**Shed** = Shed or Northern end of Pitt Park