

**PROPOSED WEEKLY PROGRAMME
OF EVENTS FOR ASHMORE LITTLE ATHLETICS: SEASON 2008/2009**

Age Group	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Under 6	70m Shot Put 100m Long Jump Cross Country	300 m Walk Discus Shot Put 100m 'Play' High Jump	70m Shot Put 100m Discus Mini Hurdles	Long Jump 70m Shot Put 100m Discus	300m Walk Ball Games Long Jump 100m Discus	'Play' High Jump 70m Shot Put 100m Discus
Under 7	70m Discus 100m 'Play' High Jump Cross Country	60m Hurdles Long Jump 300m Walk Shot Put 100m	Discus 70m 'Play' High Jump 200m Shot Put	70m Long Jump Discus 200m 'Play' High Jump	60m Hurdles 'Play' High Jump 300m Walk Long Jump 100m	Discus 70m Shot Put 100m Long Jump
Under 8	70m Long Jump 100m Discus 200m	60m Hurdles Shot Put 300m Walk Long Jump 100m	High Jump (S) 70m Shot Put 200m Long Jump	70m Discus / High Jump (S) 100m Shot Put 200m	60m Hurdles Long Jump 500m Shot Put / Discus 200m	70m Discus 100m High Jump (S) / Shot Put 200m
Under 9	700m Walk Shot Put 100m Long Jump 200m	60m Hurdles Shot Put 300m Walk Discus 400m	70m Discus 800m High Jump (S) 200m	70m Shot Put 100m Discus / Long Jump 400m	60m Hurdles Long Jump 100m High Jump (S) 800m	70m Shot Put 100m Discus / Long Jump 200m
Under 10	700m Walk High Jump (Scissors) 100m Shot Put 400m	60m Hurdles High Jump / Shot Put 800m Long Jump 200m	70m Shot Put 800m Discus 400m	70m Discus 100m Shot Put 400m	60m Hurdles Discus/Shot Put 100m Long Jump 200m	800m Discus / High Jump (S) 100m Long Jump 200m
Under 11	100m Shot Put 800m Discus / Long Jump 400m	60m Hurdles Long Jump 1100m Walk Discus 200m	1500m High Jump (S) Discus 400m Triple Jump	100m Javelin High Jump (S) 400m Long Jump / Shot Put	60m Hurdles Discus 100m Shot Put 800m	Javelin 800m Triple Jump 100m Discus / Shot Put
Under 12	800m Long Jump 100m Shot Put / High Jump 400m	60m Hurdles Discus 1500m Walk Long Jump / High Jump 200m	1500m Triple Jump 100m Shot Put 400m	100m High Jump / Long Jump Javelin 400m Shot Put / Discus	60m Hurdles Shot Put 800m High Jump / Discus 200m	Triple Jump 100m Javelin 1500m Discus
Under 13	Long Jump 800m Shot Put / High Jump 200m Discus / Triple Jump	80m Hurdles High Jump / Discus 1500m Walk Javelin 200m	200m Hurdles Shot Put / High Jump 100m Triple Jump 400m	100m Discus / Shot 800m 400m Javelin / Triple	80m Hurdles High Jump 1100m Walk <u>or</u> 800m Run Shot Put / Discus 200m	200m Hurdles Shot Put 100m / 200m Discus / Long Jump 1500m
Under 14 / 15 and U16/U17	Discus 800m High Jump 200m Long Jump / Triple Jump	1500m Walk Javelin Sprint Hurdles (80, 90, 100m) Long Jump / Discus 200m	200m Hurdles Shot Put 100m High Jump / Triple Jump 400m	100m Long Jump/High Jump 800m Shot Put 400m	Sprint Hurdles (80, 90, 100m) Triple Jump / Long Jump 1100m Walk <u>or</u> 800m Run Discus 200m	200m Hurdles Shot Put / Discus 1500m Javelin 100m

Notes: * The Above Programme is not necessarily shown in the order the events will be run.

** The Above Programme is subject to alterations and changes as required (dependant upon numbers of registered athletes per age group).