

Kiama Little Athletics Centre Inc.



**Centre Handbook
2017/2018 Season**

WELCOME

Welcome to Kiama Little Athletics for the 2017/2018 season. If you are new to Little Athletics, or our Centre, we would like to take this opportunity to thank you for joining us. We sincerely hope that your decision to come to Kiama results in a pleasurable experience.

Little Athletics is family oriented - everyone should be involved. All levels of athletes are encouraged to join. Our aim is to encourage children to participate in sport and improve their personal abilities, whilst creating friendships.

Our weekly competitions are held at the Kiama Sporting Complex, Havilah Place, Kiama. Due to the lack of adequate lighting the first five (5) weeks will be held on Saturday mornings. After Daylight Saving commences competition will move to Friday evenings.



Week 1 of the season will start at 9:00am on Saturday 16th September 2017. Competition will continue to be held on Saturday morning up to and including Saturday 14th October 2017. Competition will then move to 5:30pm Friday evenings as of Friday 20th October 2017.

The first three (3) weeks of the season will be treated as "Orientation Days". Athletes and parents will be instructed in the various events during this time. This gives everybody the opportunity to learn in a relaxed and friendly atmosphere. If you are already familiar with the events the "Orientation Days" will allow you to brush up on the finer details and instruct those who are new to the Centre.

Competition and point score will commence on Saturday 7th October 2017.

In the event of adverse weather check our "Kiama Little Athletics" Facebook page, Team App or our website (www.lakiama.com). An announcement will also be made on local radio stations i98fm and Wave FM, where time permits, after a decision has been made.

KIAMA LITTLE ATHLETICS - THE CENTRE

Kiama Little Athletics Centre (often referred to as a Club) is in its 40th year of competition. It was the 114th Little Athletics Centre formed in NSW.

Our postal address is: Kiama Little Athletics Centre Inc.
PO Box 589
KIAMA
NSW 2533

Over the years a dedicated group of people have worked tirelessly to provide the equipment and facilities that are now available to athletes. We ask that all equipment and facilities be treated with the care and due respect they deserve.

We encourage athletes to compete at Carnivals run by other Centres. Coming events will be advertised (See Calendar of Events on Page 16). For further information pertaining to Carnivals that you would like to attend check the notice board or speak to a Committee member.

ZONE, REGION AND STATE CHAMPIONSHIPS

Age Groups from U/7 to U/17 may compete at the Zone Championships with the U/8's and up progressing to the Region Championships and the U/9's and up progressing to the State Championships.

Athletes must formally apply to compete in Zone Championships by submitting the relevant form. These forms will be available from the Canteen. Failure to submit the relevant form will result in an athlete being excluded from Zone Championships.

Entry into the Zone Championships is restricted to a maximum of 4 events per athlete in the U/7 to U/12 Age Groups and a maximum of 6 events per athlete in the U/13 to U/17 Age Groups.

THE COMMITTEE

President:	Taryn Hodgson	(0410 618 347)
Vice President	Nathan Keenan	(0421 526 765)
Secretary:	Dawn Calvert	(0402 143 988)
Treasurer:	Cheryl Taylor	(0402 802 982)
Registrar:	James Cordell	(0438 471 062)
Recorder:	Cheryl Taylor	(0402 802 982)
Uniform Officer:	Sarah Cook	(0457 289 118)
Canteen Officer	Jaime Deegan	(0432 399 271)
Publicity Officer:	Taryn Hodgson	(0410 618 347)
General Committee:	Tim Cleal	
	Jake Cleal-Cook	
	Jamie Deegan	
	Esther Keenan	
	Craig Scott	
	Mitch Terry	



PARENT PARTICIPATION

So that athletics is as enjoyable and well run as possible for your children, WE ENCOURAGE, AND NEED YOUR HELP! Don't worry if you feel you may not know enough to assist. There is always someone who will show you. Parents help with measuring throws or jumps and timing races. For smooth operation it is essential that parents assist in whatever capacity they feel comfortable.

During competition parents and/or guardians must stay at the ground with their child(ren). Do not simply drop your child(ren) off and leave. Unsupervised children can, and will, be excluded from competition. Parents are asked to actively participate in the operation of the Centre by assisting in the running of events at our regular competitions.

Committee meetings are held on the third (3rd) Wednesday of every month at Kiama Leagues Club, commencing at 6:30pm. All are welcome to attend.

Working bees will be held regularly to maintain the ground and equipment, so if you have a trade, special skill or would simply like to help speak to a Committee member for more information. **Please come and support your Centre!**

CLOTHING AND FOOTWEAR

Covered footwear is to be worn at all times during competition and Carnivals.

Whilst wearing the Club uniform during competition is preferable, it is not compulsory. However athletes must wear Club uniform at all Carnivals. These include local Grand Prix Carnivals, State Relays, Trans Tasman, Zone, Region, State Multi and State Championships. Failure to wear full uniform at these Carnivals will result in the athlete being disqualified.

Club uniform consists of;

Girls Two Piece Uniform OR

Sleeveless Shirt with **plain black** bike pants, scungies or shorts.

Boys Sleeveless Shirt with **plain black** bike pants or shorts.

Uniforms can be purchased from the Canteen on Saturday mornings and Friday evenings.



Front



Back

Registration Number And Age Patch Positioning

Athletes are required to wear their Registration Number and Age Patch on the front of their uniform and they are to be clearly visible during competition. **The red border around the Registration Number must also be clearly visible.** The Age Patch is to be on the left-hand side of the clothing.

Appropriate footwear is compulsory for all competitors in all events. No competitor may wear football boots or cleats in any event. Competitors in the U6 to U10 Age Groups are not permitted to wear spike shoes. Competitors in the U11 to U12 Age Groups may wear spike shoes in events run entirely in lanes, Long Jump, Triple Jump, High Jump and Javelin. Competitors in the U13 to U17 Age Groups may wear spike shoes in all events with the exception of walks. Spikes may only be worn for the duration of the event and must be carried to and from the event.

AGE GROUPINGS

Athletes must be at least 3 years of age to register. An athlete's Age Group is determined by their age on 30th September. For example an athlete who is 9 on the 30th September will be in the under 10 Age Group. Athletes must compete with the Age Group in which they are registered. It is not permissible for an athlete to compete with another Age Group to be with friends or siblings.

THE POINT SCORE SYSTEM

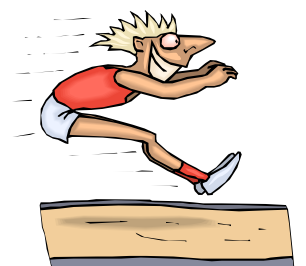
Tiny Tots

Tiny Tots participate in playtraining activities and receive points for attendance only. No times or distances are measured or recorded.

U/6 To U/17

The aim of the Club's point score is to encourage all athletes to improve their own personal best efforts. It does not award points for winning but for improving.

The winner of the overall point score is awarded the Dean Blair Memorial Trophy. The winner is not necessarily the most talented athlete but the most consistent in improvement.



Awards are given throughout the season as follows:

Achievement Ribbon	10 Personal Best results
Medal	20 Personal Best results
Medal	30 Personal Best results
Medal or Trophy	Attendance (60% or greater)



To be eligible for end of year awards an athlete must have attended a minimum of 60% of competition mornings and/or evenings from their date of registration. "Orientation Days" are excluded from this calculation.

Age Managers must record all track and field event results by placing each athlete's time or distance for that event on the appropriate sheet provided at the start of the competition morning or evening.

Age Managers and parents must make sure that all records are immediately verified and signed by an Official from the Committee. The record will then be recognised by the Recorder.

Athletes who nominate to represent the Club at any event conducted over a weekend by LANSW will not be penalised if they choose not to attend Club competition that weekend. These athletes will be logged as attending Club competition provided that they do attend and compete in the LANSW sanctioned event and the Recorder is informed.

Data Entry

Recording the results of each weekly meet is an important task. It allows us to keep track of athlete performances, personal best recognitions and ultimately in the presentation of our point score awards based on personal improvement.

Data entry is greatly simplified by sharing the task amongst a team of volunteers. With sufficient volunteers we are able to operate a roster system which ensures that each volunteer is only required to assist infrequently and at times that suit their respective schedules.

If you would like to volunteer to help us with data entry your assistance would be greatly appreciated. All you need is an internet connection and a willingness to help! Contact the Recorder (Cheryl Taylor 0402 802 982) for further details.

CLUB RECORDS

Club Records may only be broken at a Kiama Little Athletics point score competition.

WEEKLY AWARDS

Each week this season McDonald's awards will be presented to every Age Group. These vouchers will be given to children who are co-operative or display good sportsmanship or achievement.

WEBSITE / FACEBOOK

Kiama Little Athletics website can be found at www.lakiama.com. The site is the public face of our Centre. It contains information such as the latest news, calendar, weekly programs, results and a photo gallery.

This season Little Athletics NSW has continued their partnership with Melbourne based company "timing SOLUTIONS". As a consequence the "ResultsHQ" system continues to be available to members of the Kiama Centre this season. "ResultsHQ" is an online application developed to help Centres reduce administration tasks and manage their track and field results more efficiently. All athlete results will be accessible via the Centre website through this system. "ResultsHQ" also permits us to provide online family reporting for our members.

We also have a "Kiama Little Athletics" Facebook page that can be used to communicate information to and from the Centre.

LITTLE ATHLETICS AUSTRALIA WEBSITE

Visit the Little Athletics Australia website at www.littleathletics.com.au and select "NSW" for the latest news and information relating to competitions.

INJURED/SICK ATHLETES

Report all injuries, no matter how minor they may seem, to a Committee member at the time of the injury so that they can be recorded in the Centre's injury register. Any athlete who is injured during competition must report to a Committee member who will direct them to the First Aid Officer.

If an athlete suffers a long term injury or illness the Recorder should be informed so that the athlete's condition can be taken into account for attendance purposes.



DUAL REGISTRATION

Any athlete in the U/12 to U/17 Age Groups, who desires to compete with a Senior Club, can do so. Please consult a Committee member for further information.

CODES OF BEHAVIOUR

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the "game" is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia's children, and as such, endorses and applies "Codes of Behaviour".

The privilege of membership with LANSW may be withdrawn where it is determined that a person's conduct is inconsistent with the mission of LANSW and in breach of the "Codes of Behaviour".

Parents should not become involved in any dispute with athletes, other parents or Officials. If you have any problems, concerns or questions please direct them to a member of the Committee.

The "Codes of Conduct" and "Behavioural Guidelines" are freely available from the LANSW web site.

Little Athletics is a smoke free zone. Smoking of any substance is not permitted in the area of competition, areas posted with no smoking signs or in the vicinity of athletes and spectators. Please note that all sporting grounds within the Kiama Municipality have been designated smoke free by Kiama Municipal Council.

Little Athletics is also an alcohol free zone. Consumption of alcohol at any Little Athletics competition or carnival is not permitted.

GRIEVANCE POLICY

Should you have a grievance place it in writing addressed to the Secretary. Grievances will be actioned by the Committee at the earliest opportunity.

SOME EVENT DETAILS

DISCUS

A discus is an implement in the shape of a plate that the athlete has to throw as far as they can. The discus can be made of rubber, wood or plastic. The discus can only be thrown with one hand. Athletes must commence the action from a stationary position inside the circle - meaning they cannot do a run up from outside the circle. The athlete must not leave the circle until the discus has landed. Athletes must be told the reason they have been fouled. Athletes can enter the circle from any direction (front or back) but they must exit from the back half of the circle. Measurement is from the nearest edge of the landing mark of the discus to the inside edge of the circle. The zero end of the tape goes out to where the discus lands. The tape must be pulled directly back through the centre of the circle.

Discus weight varies with age as follows:

Tiny Tots	6's & 7's	8's, 9's & 10's	11's, 12's & 13 Girls
Foam Discus	350g	500g	750g

13 Boys, 14's, 15's & 17 Girls	17 Boys
1kg	1.5kg

SHOT PUT

A shot is a circular metal ball that athletes have to "put" (pushing motion) as far as they can. The shot can only be put with one hand. The shot cannot be thrown like a ball. Athletes must commence the action from a stationary position inside the circle - meaning they cannot do a run up from outside the circle. The athlete must not leave the circle until the shot has landed. Athletes must be told the reason they have been fouled. Athletes can enter the circle from any direction (front or back) but they must exit from the back half of the circle. Measurement is from the nearest edge of the landing mark of the shot to the inside edge of the stop board. The zero end of the tape goes out to where the shot lands. The tape must be pulled directly back through the centre of the circle.

Shot Put weight varies with age as follows:

Tiny Tots	6's	7's	8's	9's, 10's, 11's & 12 Girls
Tennis Ball	500g (Pink)	1kg (Blue)	1.5kg (Yellow)	2kg (Orange)

12 Boys, 13's, 14 Girls, 15 Girls & 17 Girls	14 Boys, 15 Boys	17 Boys
3kg (White)	4kg (Red)	5kg (Green)

HURDLES

Hurdling is basically an extension of running. The first leg over the hurdle is called the "lead leg" and the second leg over is called the "trail leg". The lead leg comes straight up (bent knee raised to chest), straight out (extend the leg over the hurdle), straight down over the hurdle (plant the foot on the other side of the hurdle). The trail leg is lifted to the side with heel to bottom. The knee is pulled around and through to the chest and then the foot is planted in the direction the athlete is running (Some coaches like to tell their athletes to pop the balloon for this part of the action).

Height of the hurdles and race length varies with age as follows:

Age	8's & 9's	10's & 11's	12's	13's & 14 Girls
Height	45cm	60cm	68cm	76cm
Distance	60m	60m	60m	80m

Age	14 Boys & 15 Girls	15 Boys & 17 Girls	17 Boys
Height	76cm	76cm	76cm
Distance	90m	100m	110m

WALK

Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position. The advancing foot of the walker must make contact with the ground before the rear

foot leaves the ground. The advancing leg shall be straightened (ie. not bent at the knee) from the moment of first contact with the ground.

A combined Walk may be conducted for Under 9's and up as a training event only. If requested this Walk will be held twenty (20) minutes prior to the normal starting time on Week 2 of the program. Please note that athletes who choose to compete in the Walk will not be awarded points because this is a training event held prior to the commencement of competition.

LONG JUMP and TRIPLE JUMP

Under 6 to Under 10 Long Jump measurement is from the imprint made in the sand on the 50cm take off mat to the nearest break in sand in the pit. Under 11 to Under 17 Long Jump measurement is from the edge of the 20cm take off board to the nearest break in sand in the pit.

HIGH JUMP

The scissor technique is the only High Jump technique that is allowed to be used for athletes in the U10 Age Group and below. Athletes in the U11 Age Group and above are permitted to use the fosbury flop technique. The height of the cross-bar should be checked at both ends to confirm it is horizontal and in the centre to confirm the correct height.

JAVELIN

A javelin is an implement in the shape of a spear that the athlete has to throw as far as they can. For the throw to be measured the athlete must not turn his or her back to the landing area at any stage during their approach and throw; they must throw the javelin over the upper part of their throwing arm; and they must not cross the foul line at any time. The javelin must also land tip first and within the marked sector.

Javelin weight varies with age as follows:

11's & 12's	13 & 14 Girls	13 & 14 Boys	15 & 17 Girls	15 & 17 Boys
400g	400g	600g	500g	700g

TURBOJAV

A Turbojav is made of plastic and has a rubber tip. It weighs 300g, is about a third the length of a Javelin and has fins to assist flight. Turbojav is intended as an introduction to Javelin and is a playtraining event.

DEAN BLAIR MEMORIAL TROPHY

Dean Blair was a member of Kiama Little Athletics Centre from September to December 1980. During his short but exceptionally progressive membership he excelled in both track and field events. Having had no coaching he was a natural athlete. Joining at the age of 9 he broke 15 records in 3 months. Some of his achievements were:

100m	14.6	60m/h	10.27
200m	29.80	Discus	23.9m
400m	1.06.8	Long Jump	4.35m
800m	2.42.1		



Dean displayed a great degree of enthusiasm, sportsmanship and co-operation, all valuable characteristics for achieving success in athletics. His one aim was to be good enough to compete at the Olympics. Tragically he died on the 5th December 1980 as a result of a playground accident at school. At the time he had been looking forward to and preparing for the Zone Championships and had entered in four (4) events. He died the day before the Zone Championships began. As a result, the idea of a perpetual trophy for the point score winner of the Kiama Centre came into being.

Past winners of the Dean Blair Memorial Trophy are:

1981	Karen Tieck	1998	Jarred Poppett	2015	Ella Cleal-Cook
1982	Glenn Doney	1999	Rebekah Tobin	2016	Lachlan Poole
1983	Leanne Wilford	2000	Paul James-White	2017	Lachlan Poole
1984	Debbie Smith		Jessica Davies		
1985	Renee Brennan	2001	Kieran Forrest		
1986	Mark Pardoe	2002	Lauren Hatton		
1987	Hayley O'Sullivan	2003	Emily Forrest		
	Damien Piper	2004	Alanna Smith		
1988	David Lange	2005	Talissa Scott		
1989	Danielle Scott	2006	Talissa Scott		
1990	Matthew Bowden	2007	Talissa Scott		
1991	Nicholas Cooper	2008	Larni Cowgill		
1992	Monika DiMaio	2009	Jake Cleal-Cook		
1993	Jasmine Bell	2010	Sienna Waldie		
1994	Paul Ross	2011	Jasper Arnold		
1995	Andrew Poppett	2012	Ella Cleal-Cook		
1996	Vanessa Poppett	2013	Jake Cleal-Cook		
1997	Andrew Poppett	2014	Jonah Nieborak		



COACHING

Kiama Little Athletics will conduct coaching sessions at the Kiama Sports Complex on Monday (Middle Distance, Sprints and Horizontal Jumps) and Wednesday (Hurdles and Sprints) afternoons. Sessions commence at 4:00pm and conclude at 6:00pm. Unfortunately we do not have High Jump or Throws coaches this season. Coaching is offered free of charge to athletes from U/8's up regardless of ability.

Coaching will commence at 4:00pm on Monday, 11th September 2017.

The Centre is very fortunate to have the services of an experienced coach who has completed the prerequisite "Working With Children Checks".

Don Hodgekiss (0422 814 610) has been coaching little athletes for more than forty (40) years and is a life member of Kiama Little Athletics.



If you would like more information regarding coaching feel free to approach a Committee member.

Remember athletes from U/8's up will be coached regardless of ability.

Non-cooperative or misbehaving athletes may be excluded from coaching sessions if necessary.

Parents are requested to remain for the duration of coaching sessions to assist the coach as required and in case a child injures him/herself.

Athletes are asked to bring adequate fluids as well as a tracksuit or suitable warm clothing to wear after coaching sessions have been completed.

In the event of inclement weather the coach may suspend training at any time.

Should this occur the coach is under no obligation whatsoever to stay at the ground and look after any child whose parent/guardian has chosen not to stay for the duration of the coaching session.

SPONSORS

Kiama Little Athletics asks that you support our sponsors.

KIAMA LEAGUES CLUB

Come and visit the Club with the friendly family atmosphere and a comfortable Sports Bar with all the facilities for the punter. Phone 4232 1777 or visit their website at www.kiamaleagues.com.au.

McDONALD'S

McDonald's is the major sponsor of Little Athletics NSW. In return for their wonderful support, the McDONALD'S logo will be proudly displayed on individual registration numbers. McDONALD'S also provide a large quantity of "Most Improved Awards" for use by all NSW Little Athletics centres. The growth of this partnership is dependent upon support shown by Centres this season so we seek your assistance in this regard.

JETSTAR

The Jetstar Group is a network of value based carriers providing all day every day low fares across Australia, New Zealand and the Asia Pacific region. Jetstar's mission is to offer all day, every day low fares to enable more people to fly to more places, more often.

THE ATHLETE'S FOOT

The Athlete's Foot is a proud supporting sponsor of Little Athletics NSW. It operates online & through 138 stores, most of which are franchised across Australia and New Zealand. It is still the largest retailer of athletic footwear in Australia stocking over 50 brands across the stores.

HART SPORT

HART SPORT is a Queensland based equipment supplier that entered into a partnership with the LANSW in 1998. HART SPORT is the preferred supplier of equipment and Centre uniforms, to LANSW and its Centres. Individuals are also encouraged to purchase all equipment from Hart Sport.

asics Australia

Little Athletics is fortunate to have as its major sponsor "asics Australia". Asics joined the ALA for the first time in 2008 and recognises and shares the Little Athletics vision of developing young athletes of all abilities to "Be Your Best".

V-INSURANCE GROUP

Australian Little Athletics acknowledges sponsorship by insurance brokers V-Insurance Group. Australian Little Athletics has established a strong relationship with V-Insurance Group who have provided assistance and professional advice over many years in a wide range of insurances including, personal accident, public liability, equipment and professional indemnity.

PARTNERS, SUPPLIERS & AFFILIATES OF LANSW

Athletics NSW

Australian Track & Field Coaches Association

Bravehearts

Choice Hotels Australasia

Dubbo City Council

ECAL

GA Millers

Instant Photos Australia

Marketing Mechanics

NSW Government - Office Of Communities - Sport & Recreation

Racism. It Stops With Me

Show Group

Sport NSW

SportsPass

Sports Technology Group

SunSmart

Sydney Olympic Park Athletic Centre

CALENDAR OF EVENTS 2017/2018 SEASON

2017

Saturday	16 th September	Kiama's Season Commences
Sunday	8 th October	October Carnival - Lake Illawarra
Sunday	22 nd October	Albion Park Carnival (Grand Prix 1)
Wednesday	1 st November	State Relay Entries Close
Sunday	12 th November	St Georges Basin Dragon Derby (Grand Prix 2)
Saturday	18 th November	State Relays - Junior Day - SOPAC Homebush
Sunday	19 th November	State Relays Senior Day - SOPAC Homebush
Sunday	26 th November	Zone Entries Close
Sunday	26 th November	Shoalhaven Carnival (Grand Prix 3)
Saturday	9 th December	Zone Championships Day 1 - Lake Illawarra
Sunday	10 th December	Zone Championships Day 2 - Lake Illawarra
Friday	15 th December	Last Night Of Kiama Competition (Xmas Break)



2018

Friday	12 th January	Kiama Competition Recommences
Sunday	14 th January	Summer Carnival Lake Illawarra (Grand Prix 4)
Monday	5 th February	State Multi Entries Close
Saturday	17 th February	Regional Championships Day 1 - Wollongong
Sunday	18 th February	Regional Championships Day 2 - Wollongong
Saturday	3 rd March	State Multi Event Day 1 - Wagga Wagga
Sunday	4 th March	State Multi Event Day 2 - Wagga Wagga
Friday	16 th March	Last night of Kiama's Competition
Friday	23 rd March	State Championships Day 1 - SOPAC Homebush
Saturday	24 th March	State Championships Day 2 - SOPAC Homebush
Sunday	25 th March	State Championships Day 3 - SOPAC Homebush
Friday	6 th April	Presentation - Kiama Leisure Centre
Wednesday	11 th April	AGM - Kiama Leagues Club
TBA	TBA	State Cross Country/Road Walks - TBA



Kiama Little Athletics would like to thank Kiama Rugby Football Club for allowing us to use their Clubhouse for our Registration Days.



WEEKLY PROGRAMS 2017/2018 SEASON

	Tiny Tots	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15 & U/17	Seniors
WEEK 1 (A)	50m*	50m	50m	400m	400m	400m	400m	400m	400m	400m	400m	400m
	100m*	Play Hurd*	Play Hurd*	60m/h	60m/h	60m/h	60m/h	60m/h	200m/h-200m	200m/h-200m	300m/h-200m	300m/h-200m
	Long Jump*	150m	Discus	Shot	Long Jump	Long Jump	Shot	Triple Jump	Shot	Shot	Shot	Shot
	Discus*	Discus	Turbojav*	High Jump*	Shot	Discus	Javelin	Javelin	High Jump	High Jump	High Jump	High Jump

WEEK 2 (B)	70m*	200m	200m	200m	200m	200m	200m	200m	800m	800m	800m	800m
	100m*	70m	70m	70m	70m	70m	800m	800m	80m/h	80-90m/h	90-100-110m/h	100-110m/h
	Turbojav*	Discus	Shot	Discus	Shot	800m	Triple Jump	Discus	Discus	Discus	Discus	Discus
	Play Hurdle*	Turbojav*	High Jump*	Long Jump	Turbojav*	High Jump	High Jump	High Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump

WEEK 3 (C)	70m*	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
	100m*	300m	500m	700m	800m	1500m	1500m	1500m	1500-3000m	1500-3000m	1500-3000m	1500-3000m
	Long Jump*	Long Jump	Long Jump	Shot	Discus	High Jump	Discus	Shot	Javelin	Javelin	Javelin	Javelin
	Ten Ball Shot*	Shot	Discus	Turbojav*	High Jump	Shot	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump

* Denotes Playtraining Event