

Katoomba District Athletics Competition Program - Program A

Time	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14+
7:50	Set-up									
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		300Pk		Long Jump (Carpark)	Discus (Carpark)	High Jump - scissor (Shed)	Long Jump (Shed)	Discus (Shed)	Shot Put (Shed)	Javelin (Top oval)
8:40	100m		500m Pk	700m Pk						
8:50	Long Jump (Carpark)		Shot Put (Carpark)		70m	70m	100m			
9:00								100m	100m	100m
9:10				Shot Put (Shed)	High Jump - scissor (Shed)	Discus (Shed)	Javelin 400g (Top oval)	Triple Jump (Shed)	Javelin (Top oval)	Long Jump (Shed)
9:20	Discus (Carpark)	Shot Put (Carpark)	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	50m									
9:50		50m	50m							
10:00				70m						
10:10					800m	800m				
10:20							800m			
10:30								800m	800m	800m
10:40										
10:40										

Legend

Track events

Field Events

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	U6	U7	U8	U9	U10	U11	U12	U13	U14+
7:50				<i>Set-up</i>					3000m	3000m
8:00										U15 & U17 300m H
8:10									U13 (68cm) 200m H	U14 (76cm) 200m H
8:20	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
8:30	200m	200m	200m	Long Jump (Carpark)	Shot Put (Carpark)	Long Jump (Shed)	Discus (Shed)	High Jump 1 (Shed)	Long Jump (Shed)	Shot Put (Shed)
8:40	Shot (At actual Shed)	Discus (Carpark)	Long Jump (Carpark)	200m						
8:50	(Pack up)				200m	200m	200m			
9:00								200m	200m	200m
9:10				Shot Put (Carpark)	Long Jump (Shed)	Discus (Shed)	Triple Jump (Shed)	Shot Put (Shed)	High Jump 1 (Shed)	High Jump 2 (Shed)
9:20	Long Jump (Carpark)	Long Jump (Carpark)	Discus (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										
9:50	50m	70m								
10:00			70m							
10:10				400m						
10:20					400m	400m	400m			
10:30								400m	400m	400m
10:40										

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	U6	U7	U8	U9	U10	U11	U12	U13	U14+	
7:50	Set-up										
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	70m (back straight)	70m (back straight)	70m (back straight)	Discus (Carpark)	Shot Put (Shed)	Long Jump (Shed)	High Jump (Shed)	Javelin 400g (Top Oval)	Triple Jump (Shed)	Discus (Shed)	
8:40	Long Jump (Carpark)	Long Jump (Carpark)	Shot Put (Carpark)				(Pack up)	(Pack up)			
				<i>Check hurdle specifications for run in / separation / no flights / run out</i>							
8:50									18+ Men 110mH (76cm) U17B 110mH (76cm) 18+ Women 100mH (76cm) U17G 100mH (76cm) U15B 100mH (76cm) U15G 90mH (76cm) U14B 90mH (76cm) U14G 80mH (76cm) U13 80mH (76cm) <i>(above grouped by hurdle height and separation)</i>		
9:00				60mH (45cm)	60mH (45cm)	60mH (60cm)	80mH (60cm)	80mH (68cm)			
9:10				Long Jump (Carpark)	Discus (Carpark)	Shot Put (Carpark)	Shot Put (Shed)	Long Jump (Shed)	Discus (Shed)	Triple Jump (Shed)	
9:20	Discus (At actual shed)	Shot Put (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	U6	U7	U8	U9	U10	U11	U12	U13	U14+
7:50	Set-up									
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 (Carpark)	Discus (Shed)	Discus (Carpark)	Long Jump (Shed)	Discus (Shed)	Shot Put (Shed)	Long Jump (Shed)
8:40	Long Jump (Carpark)		Shot Put (Carpark)	70m						
8:50					70m	70m	100m			
9:00								100m	100m	100m
9:10				Shot Put (Carpark)	Shot Put (Shed)	Long Jump (Carpark)	Triple Jump (Shed)	Triple Jump (Shed)	Long Jump (Shed)	Discus (Shed)
9:20	Discus (Carpark)		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)	The below events only run if the bends are OK						
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

Field Events

Carpark = Carpark or Southern end of Pitt Park

Shed = Shed or Northern end of Pitt Park