

MURRUMBATEMAN LITTLE ATHLETICS CLUB SEASON 2021-22 - SESSION #10 16/02/2022



| EVENT | Check-in | WARM-UP | S & C | RUN 100M | HURDLES | RUN 200M | DISCUS | SHOT PUT | HIGH JUMP | LONG JUMP | JAVELIN | BBQ / Farewells |
|-------------|---|---------------------------|---------------|-----------------|-------------------------|-------------|------------------|-----------------|-----------|-----------|------------------|-----------------|
| LOCATION | Weather Shed | VILLAGE GREEN + MAIN OVAL | VILLAGE GREEN | SPRINTS TRACK B | SPRINTS TRACK A | ROUND TRACK | THROWS AREA STH | THROWS AREA NTH | MAIN OVAL | JUMPS PIT | JAVELIN AREA | WEATHER SHED |
| EVENT SETUP | U8 FAMILIES ARE ROSTERED ON FOR EVENT SETUP THIS WEEK | | | | | | | | | | | |
| COACH | | SARAH / MIKAYLA | SARAH | MIKAYLA | | | BRIGID / ANTHONY | | KANE | | | |
| 5:45PM | ALL AGES | | | | | | | | | | | |
| 6:00PM | | ALL AGES | | | | | | | | | | |
| 6:10PM | | | U6 | | U13-U16 90mH 60cm | U7 | | U9 2kg | U8 | U10 | U11-U12 | |
| 6:30PM | | | U7 | U6 | U11-U12 90mH 60cm | U10 | U13-U16 | | U9 | U8 | | |
| 6:50PM | | | U8 | U7 | U9 60mH 45cm | U13-U16 | | U6 (1kg) | U11-U12 | | U10 TURBO JAV | |
| 7:10PM | | | U10 | U8 | | U9 | | U11-U12 | U13-U16 | | | |
| 7:30PM | COULD PARENTS PLEASE ASSIST WITH PACK UP AND LEAVE EQUIPMENT AT THE CONTAINER - THANKS! | | | | | | | | | | | ALL AGES |
| | FINISH | | | | | | | | | | | |