



MURRUMBATEMAN LITTLE ATHLETICS CLUB SEASON 2023-24 - SESSION #3 015/11/2023

Pink shading is a recorded event



| EVENT | Check-in | WARM-UP | TINY TOTS | SKILLS BASED GAMES | S & C | RUN 100M | HURDLES | THROW DISCUS | THROW SHOT PUT | RUN 200M | RUN 300M | HIGH JUMP | THROW JAVELIN | BBQ / Farewells |
|-------------|---|---------------------------|--------------------|--------------------|---------------|--------------------|-------------------------|-------------------|-------------------|-------------|-------------|-----------|-----------------|-----------------|
| LOCATION | Weather Shed | VILLAGE GREEN + MAIN OVAL | VILLAGE GREEN | VILLAGE GREEN | VILLAGE GREEN | OUTER SPRINT TRACK | INNER SPRINT TRACK | SOUTH THROWS AREA | NORTH THROWS AREA | ROUND TRACK | ROUND TRACK | MAIN OVAL | JAVELIN AREA | WEATHER SHED |
| EVENT SETUP | SARAH / MIKAYLA EACH GROUP WILL COLLECT THE EQUIPMENT THEY NEED FOR THEIR FIRST EVENT | | | | | | | | | | | | | |
| COACH | | | JESS | JESS | SARAH | | MIKAYLA | LISA | KANE | | | KATRINA | KANE | |
| 5:45PM | ALL AGES | | | | | | | | | | | | | |
| 6:00PM | | ALL AGES | | | | | | | | | | | | |
| 6:10PM | | | TTs 6:40 Finish | | U11/U12 | U10 | U13-U14 80mH 68cm | | U8 1.5kg | | U6/U7 | U9 | | |
| 6:30PM | | | | | U13/U14 | | U11-U12 80mH 60cm | U6/U7 | | U9 | | U10 | U8 TURBO JAV | |
| 6:50PM | | | | U6/U7 | U8/U9 | | U10 60mH 45cm | | | U13/U14 | | U11/U12 | | |
| 7:10PM | | | | | U10 | U8 | U9 60mH 45cm | | | U11/U12 | | U13/U14 | | |
| 7:30PM | COULD PARENTS PLEASE ASSIST WITH PACK UP AND LEAVE EQUIPMENT AT THE CONTAINER - THANKS! | | | | | | | | | | | | | ALL AGES |
| | FINISH | | | | | | | | | | | | | |