

COACHING/ TRANSITION WEEK 1 Saturday 7th September 2024

** Introduction to Race walking - open to U9 and up!

Any athletes interested are to meet Mel C at the start of the circular track at 10:20am

	TIMESLOT 1			TIMESLOT 2			TIMESLOT 3		
AGE GROUP	8:30am-9:10am	LOCATION	COACH	9:15-9:55am	LOCATION	COACH	10:00-10:40am	LOCATION	COACH
6 Boys	Shot Put	SP circle 2 and 4	JARON	Discus	Discus Circle 1	SIMON & MIKAYLA	Long Jump	Pit 5	NEIL & LEON
6 Girls	Discus	Junior Discus Circle 10	NEIL	Long Jump	Pit 5	NEIL	Shot Put	SP Circle 2	MIKAYLA
7 Boys	Shot Put	SP circle 2 and 4	MIKAYLA	Discus	Discus Circle 9	DALE	Long Jump	Pit 6	BEN DANKS
7 Girls	Discus	Junior Discus Circle 9	MADDIE & MIAROSE	Long Jump	Pit 6	ELLY & LEON	Shot Put	SP Circle 4	DANIEL
8 Boys	Shot Put	SP circle 6	DALE	Hurdles	Hurdles track	ERICA & BELLA	Long Jump	Pit 10	ISAAC
8 Girls	Long Jump	LJ Pit 5	ZARA & JACQUELINE	Hurdles	Hurdles track	ERICA & BELLA	Shot Put	SP Circle 6	JARON
9 Boys	HJ: Scissors	Scissor Mat 5	ELLA & KAITLYN	Long Jump	Pit 2	ZARA & MIAROSE	Hurdles	Hurdles track	ERICA & BELLA
9 Girls	Hurdles	Hurdles track	ERICA & DANIEL	HJ: Scissors	High Jump 5	ELLA & KAITLYN	Long Jump	Pit 9	ZARA
10 Boys	Discus	Discus Circle 1	SIMON	Long Jump	Pit 3	MEL (PLUS 1)	HJ: Scissors	High Jump 5	ELLA & KAITLYN
10 Girls	Hurdles	Hurdles track	ERICA & DANIEL	Long Jump	Pit 1	ISAAC	HJ: Scissors	High Jump 6	ELLA & KAITLYN
11 Boys	HJ: Flop	High Jump 1	LYNDA & LEON	Javelin	Start of Hurdles Track	MADDIE & JARON	Triple Jump	Pit 2	ELLY & MIAROSE
11 Girls	Triple Jump	Pit 2	ISAAC	HJ: Flop	High Jump 1	LYNDA & DANIEL & JACQUELINE	Javelin	Start of Hurdles Track	MADDIE
12 Boys	Long Jump	Pit 1	MEL (PLUS 1)	Sprints /Block Starts	Start of Straight Track	RUSSELL	HJ: Flop	High Jump 1	LYNDA & JACQUELINE
12 Girls	Triple Jump	Pit 4	ELLY & BELLA	Sprints /Block Starts	Start of Straight Track	RUSSELL	HJ: Flop	High Jump 2	LYNDA & JACQUELINE
13 Boys	Sprints /Block Starts	Start of Straight Track	RUSSELL	HJ – Flop	High Jump 3	LYNDA & DANIEL & JACQUELINE	Triple Jump	Pit 3	RUSSELL
13 Girls	Sprints /Block Starts	Start of Straight Track	RUSSELL	HJ – Flop	High Jump 2	LYNDA & DANIEL & JACQUELINE	Triple Jump	Pit 4	RUSSELL
14 and Up Combined	Long and Triple Jump	Pit 3	BEN DANKS	Sprints /Block Starts	Start of Straight Track	RUSSELL & BEN D	Discus	Discus circle 5	SIMON

10:20am RACE WALKING - meet coach Mel C at the start of the circular track.