



LAKE MACQUARIE ZONE LITTLE ATHLETICS
'ONE SPORT' SUMMER SERIES
FOR REGISTERED ATHLETES 12YRS-17RS

Wednesday 3rd October - Edgeworth

*Events: 200m 800m Hurdles
High Jump Triple Jump Shot Put*

Wednesday 17th October - Eastlakes

*Events: 100m 400m 1500m (walk optional)
Long Jump Discus Javelin*

Wednesday 24th October - Westlakes

*Events: 100m 400m 1500m (walk optional)
Long Jump Discus Javelin*

Wednesday 14th November - Macquarie Hunter

*Events: 200m 800m Hurdles
High Jump Triple Jump Shot Put*

Wednesday 21st November - Cardiff

*Events: 100m 400m 1500m (walk optional)
Long Jump Discus Javelin*

Wednesday 12th December - Kotara South

*Events: 200m 800m Hurdles (short)
High Jump Triple Jump Shot Put*

FINAL ROUND - Wednesday 16th January 2019 -

Hunter Sports Centre

MOST POPULAR EVENTS OVER THE ABOVE ROUNDS

**OPEN TO ALL REGISTERED ATHLETES FROM
LAKE MACQUARIE ZONE CLUBS IN AGE GROUPS
12YRS TO 17YRS**

Registration at 6.00pm each round

Entry \$2.00 per athlete per round

Results will be entered into Results HQ and can be linked to individual profiles – Lake Macquarie Zone must link to your profile for this to happen.

Canteen and Barbecue available at each round

Lucky door prize for each round (4). Please collect your ticket at registration
Girls and Boys 12-14yrs 15-17yrs

PROGRAM																									
17 th October, 24 th October, 21 st November	3 rd October, 14 th November, 12 th December																								
<p>TRACK</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">6.15pm to 7.00pm</td> <td>1500m walk</td> </tr> <tr> <td>7.00pm to 7.30pm</td> <td>100m</td> </tr> <tr> <td>7.30pm to 8.15pm</td> <td>400m</td> </tr> </table> <p>FIELD</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">6.15pm to 7.15pm</td> <td>Long Jump</td> </tr> <tr> <td></td> <td>Discus</td> </tr> <tr> <td>7.15pm to 8.00pm</td> <td>Javelin</td> </tr> </table> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; width: fit-content;"> <p>Discus and Javelin - Weight for Age</p> </div>	6.15pm to 7.00pm	1500m walk	7.00pm to 7.30pm	100m	7.30pm to 8.15pm	400m	6.15pm to 7.15pm	Long Jump		Discus	7.15pm to 8.00pm	Javelin	<p>TRACK</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">6.15pm to 7.00pm</td> <td>Hurdles</td> </tr> <tr> <td>7.00pm to 7.30pm</td> <td>200m</td> </tr> <tr> <td>7.30pm to 8.15pm</td> <td>800m</td> </tr> </table> <p>FIELD</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">6.15pm to 7.15pm</td> <td>High Jump</td> </tr> <tr> <td></td> <td>Shot Put</td> </tr> <tr> <td>7.15pm to 8.00pm</td> <td>Triple Jump</td> </tr> </table> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; width: fit-content;"> <p>Shot Put - Weight for Age</p> <p>High Jump - nominate 3 heights - maximum 9 jumps</p> </div>	6.15pm to 7.00pm	Hurdles	7.00pm to 7.30pm	200m	7.30pm to 8.15pm	800m	6.15pm to 7.15pm	High Jump		Shot Put	7.15pm to 8.00pm	Triple Jump
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Please email lakemaczoneco@gmail.com for further information.