



WULGURU BRANCH LITTLE ATHLETIC CENTRE INC.
 ABN 85377164049

Wulguru State Primary School
 54 Edison St, Wulguru, Townsville, QLD 4810

Web site - <https://wulgurulittleathletics.com/>
 e-mail – wulgurulittleathletics@gmail.com

Newsletter 2 – March 11th 2017

AGE GROUP	Warm Up	EVENT (1)	EVENT (2)	EVENT (3)
Tiny Tots	Long Jump	Game	60 Meter Run	Game
Juniors (U6-U7)	Warm Up	Shot Put	Long Jump	70 Meter Run
Modies (U8-U9)	Warm Up	Long Jump	100 Meter Run	Shot Put
Intermediate (U10-U11)	Warm Up	200 Meter Run	Shot Put	Long Jump
Seniors (U12+)	Warm Up	200 Meter Run	Shot Put	Long Jump
SHOT PUT	DISCUS	JAVELIN	SPRINT HURDLES	
1kg U6 - U7 B&G	350G U6-U7 B&G	400gm U11 - U12B	60mH 45cm U8 - U9 B&G	
1.5kg U8 B&G	500G U8-U10 B&G	400gm U11 - U13G	60mH 60cm U10 - U11 B&G	
2kg U9 - U11 B & U9-U12 G	750G U11-U12B & U11-U13G	600gm U13 - U15B	60mH 68cm U12 B&G	
3kg U12 - U13 B & U13 - U15G	1 KG U13-U17B & U14-U17G	600gm U14 - U17G	80mH 76cm U13 B&G & U14 G	
4kg U14 - U17 B, U16 & U17G		700gm U16 & U17B	90mH 76cm U14B & U17G	
			100mH 76cm U15 – U17B	
			200mH 68cm: U13 B&G	
			200mH 76cm: U14 - U15 B&G	

- Welcome to another week of Little Athletics Everyone!!!
- We will not be recording times and distances for a few weeks, as our main emphasis will be on technique and developing those techniques with the athletes.
- **Remember to bring your water bottle, hat, sun cream and running shoes – all a MUST.**
- Parents – fold up chairs are great for sitting under the shade and watching your kids participate.
- Anyone wanting to Register this week, Karen Stahre is available.

END OF NEWSLETTER FOR THIS WEEK – THANKS!