



**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 3 – March 18<sup>th</sup> 2017

AGE GROUP	Warm Up	EVENT (1)	EVENT (2)	EVENT (3)
<b>Tiny Tots</b>	Mini Hurdles	Game	60 Meter Run	Game
<b>Juniors (U6-U7)</b>	Warm Up	Long Jump	100 Meter Run	Discus
<b>Modies (U8-U9)</b>	Warm Up	300 Meter Walk	Discus	High Jump
<b>Intermediate (U10-U11)</b>	Warm Up	Discus	High Jump	700 Meter Walk
<b>Seniors (U12+)</b>	Warm Up	Discus	High Jump	700 Meter Walk
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	

**Note – we will do a Group Relay at the end of events, if time permits!**

- Welcome to our third training session of the season for Little Athletics Everyone!!!
- For those families that started the 2 week free trial on Sign On Day, the club now requires registrations to be completed if your family would like to join the club for the rest of the season. Our Treasurer, Karen Stahre, at the table area is waiting to assist with Registration and Shirt sizes – Thanks!
- We may be recording some times and distances for this week's training session. We shall let you know at the start of our training session – thanks!
- **Remember to bring your water bottle, hat, sun cream and running shoes – all a MUST.**

*END OF NEWSLETTER FOR THIS WEEK – THANKS!*