



WULGURU BRANCH LITTLE ATHLETIC CENTRE INC.
 ABN 85377164049

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

Web site - <https://wulgurulittleathletics.com/>
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Newsletter 4 – March 25th 2017

AGE GROUP	Warm Up	EVENT (1)	EVENT (2)	EVENT (3)
Tiny Tots	Mini Hurdles	Game	60 Meter Run	Game
Juniors (U6-U7)	Warm Up	Long Jump	100 Meter Run	Discus
Modies (U8-U9)	Warm Up	300 Meter Walk	Discus	High Jump
Intermediate (U10-U11)	Warm Up	Discus	High Jump	700 Meter Walk
Seniors (U12+)	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 fourth training session of the season for Little Athletics Everyone!!! (sorry about the missed session last Saturday due to trying to account for the weather)
- Anyone needing to finalise registration for this session, please go to the small covered area near the running track and catch up with the Club Members waiting to help with this – thanks!
- We will be recording times and distances this week. Do we have any parents who would like to help with this? Our Coaches and other Club Members will show you the ropes on how it is done. The kids love it when their parents get involved!!!
 - *For example at Long Jump, we need a volunteer parent to rake the sand before a jump, another two parents to measure in the pit and another one parent to record the measurement next to the athletes' name on the sheets.*
- **Remember to bring your water bottle, hat, sun cream and running shoes – all a MUST and THANKS!!!**

