

LIVERPOOL CITY

LITTLE ATHLETICS CENTRE

Winter Comp Program

Dwyer Oval, Williamson Cres Warwick Farm

Sunday 16th May 2010 - Sunday 22nd August 2010

	Track		Field		Week one program
11:00am	100m Hurdles				
11:20am	100m sprint		Discus		Contact
11:50am	1500m				Michael 0411 511 102 or
12:20pm	400m sprint				Robbi 0417 419 149
12:45pm	400m Hurdles		Long Jump		
1:00pm	3000m				
1:30pm	4x 100m Relays				
2:10pm					
2:40pm	<u>Finish</u>				

	Track		Field		Week two program
11:00am	60m hurdles		Shot Put		
11:30am	60m sprint				
12:00pm	800m		Triple Jump		
1p:45pm	4x 100m Relays				
1:20pm	5000m		Javelin		
2:00pm	200m sprint				
2:30pm	<u>200m hurdles</u>				
2:40 PM	<u>Finish</u>				

* Time length of running events may vary depending on number of athletes via PB heat sorting.

(PB heat sorting times - work in progress)

* Running Field Events parallel with Track Events will reduce finish time

Training nights Tuesday & Thursday 6pm till 8pm

* relay team training can be provided for schools also see head coach for costings.

specific event training can be provided

Recording: Athletes Numbers (results) will be recorded with Club Number primarily, followed by Athlete Registration Number. Eg: Liverpool Athlete 146 will be recorded as 48146

Entry: If registered as a LAANSW or ALA Athlete:- \$5 per athlete (each Sunday)

\$2 Ground Hire fee for each Training nights - Tues and Thurs

If Not Registered with either of above:- Need to Register with LCLAC or ANSW (\$60 LAANSW plus Entry Fee as above)

* Require a Registration Form to be drawn up (if already registered in LAANSW or ALA) for LCLAC Records

Uniform: All athletes must compete in their Club's Uniform with Registration Number clearly visible

Dates	Program	Dates	Program	Dates	Program
16/05/2010	Week 1	27/06/2010	Week 2	29/08/2010	Presentation Day
23/05/2010	Week 2	25/07/2010	Week 1		
30/05/2010	Week 1	01/08/2010	Week 2		
06/06/2010	Week 2	08/08/2010	Week 1		
13/06/2010	No Comp	15/08/2010	Week 2	NOTE:	No competition 4, 11 & 18 July 2010
20/06/2010	Week 1	22/08/2010	Week 1		

