

WPA – LITTLE ATHLETICS PROGRAMME SERIES A

No	Time	Age Grp	Event			
1.	8:00	G10	1200m			
2.	8:00	G16	Triple Jump			
3.	8:00	B14	Long Jump Pit A	40.	10:00	B12 Long Jump pit A
4.	8:00	G14	Long Jump pit B	41.	10:05	B12 Discus
5.	8:00	B12	High Jump	42.	10:15	G14 1500m Walk
6.	8:00	B14	Discus	43.	10:20	G14 High Jump
7.	8:10	G16	Javelin	44.	10:20	G10 Shot Put Pit A
8.	8:15	B10	1200m	45.	10:30	B16 Javelin
9.	8:25	G12	1200m	46.	10:35	B16 Discus
10.	8:25	B16	Triple Jump	47.	10:40	B14 High Jump
11.	8:30	B14	Shot Put Pit A	48.	10:40	B10 Shot Put Pit B
12.	8:30	G14	Shot Put Pit B	49.	10:50	G16 Long Jump pit B
13.	8:35	G16	Discus	50.	10:50	B16 Long Jump pit A
14.	8:40	B12	1200m	51.	11:00	G12 High Jump
15.	8:40	G14	Javelin	52.	11:00	B14 1500m Walk
16.	8:50	B14	Javelin			
17.	8:50	G16	800m			
18.	8:55	B16	800m			
19.	9:00	G14	800m			
20.	9:05	B14	800m			
21.	9:05	G12	Shot Put Pit A			
22.	9:05	B12	Shot Put Pit B			
23.	9:05	G14	Discus			
24.	9:10	G10	80m			
25.	9:15	B10	80m			
26.	9:20	G12	100m			
27.	9:20	G10	Long Jump pit B			
28.	9:30	B12	100m			
29.	9:30	G16	High Jump			
30.	9:30	B10	Long Jump pit A			
31.	9:40	G14	100m			
32.	9:40	G16	Shot Put Pit A			
33.	9:40	B16	Shot Put Pit B			
34.	9:50	B14	100m			
35.	9:50	G12	Discus			
36.	9:55	G16	100m			
37.	10:00	B16	100m			
38.	10:00	G12	Long Jump pit B			
39.	10:00	B16	High Jump			