

Example of a Centre's Program



Hills District Little Athletics

Approximately 800 Athletes.
Saturday Morning.

Established a Split Program- (Tiny Tots, U6-U11 @8am), (U12-U17 @9:30am)

- Split program shown to eliminate children wait time between events.

Centre Competition Programming steps:

1. Register advises the Track and Field Coordinator how many children are in each age group.
2. Then Track and Field Coordinator estimates how much time the children could potentially stay at an event (for field average of 1 minute for younger kids and 45 seconds for the older athletes)
3. Look at the events for them to complete each week (we use a 2 week program)
4. 3k and 1500 Walk are on alternate weeks anyway and are optional for the relevant older age groups
5. Each week then work out the starting event for each age group (can use an excel spreadsheet highlighted in green) and then the preferred next event (highlighted in yellow). This can change on the day depending on the numbers that turn up each week.
6. Then the Track and Field Coordinator will provide the starters with the order of events for the first age groups so the next events are planned accordingly and the field events are in the relevant order.
7. After that it's show time!