

TLAA Orientation Week 1 – 19 October 2019

	U6	U7	U8	U9	U10	U11	U12	U13-U17
Rotation 1	Intro	Intro then 50m	Long Jump1	100m	Shot Put1 & 2	Long Jump3	400m	Discus2
Rotation 2	50m	Long Jump2	200m	Discus1	100m	100m	Shot Put 3	400m
Rotation 3	Long Jump1	100m	Shot Put1	200m	Long Jump 2	Discus2	100m	Long Jump3
Rotation 4	70m	Shot Put 1 or 2	100m	Long Jump2	200m	400m	Discus 2	100m

Event	Location	Event	Location
Long Jump1	Nearest Shed RHS	Discus1	Far corner under tree
Long Jump2	Nearest Shed LHS	Discus2	Discus cage
Long Jump3	Carpark side	Shot Put1	Carpark side – LH ring, closest to the shed
High Jump1	Racetrack side	Shot Put2	Carpark side – middle ring
High Jump2	Inside Circular Track	Shot Put3	Carpark side – RH ring, furthest from shed
Triple Jump	Carpark side far corner	Javelin	Far side near Discus cage
		Turbo Jav	Inside Circular track