

Date	Kew Little Athletics Program	Week	Little Athletics Victoria Events
08-Oct-25	Week 1 Program / Training	1	
11-Oct-25	Week 1 Program / Come and Try	1	
13-Oct-25			Commonwealth Bank Region Relays - Entry Portal Opens
15-Oct-25	Week 2 Program / Training	2	
18-Oct-25	Week 2 Program / Come and Try	2	
22-Oct-25	Week 3 Program / Training	3	
25-Oct-25	Week 3 Program / Come and Try	3	
31-Oct-25			State Combined Event Championships - Entry Portal Opens
01-Nov-25	No competition / Melbourne Cup Long Weekend		
03-Nov-25			Commonwealth Bank Region Relays - Entry Portal Closes
05-Nov-25	Week 1 Program / Training	4	
08-Nov-25	Week 1 Program / Competition	4	
12-Nov-25	Week 2 Program / Training	5	
15-Nov-25	Week 2 Program / Competition	5	
19-Nov-25	Week 3 Program / Training	6	
22-Nov-25	Week 3 Program / Competition	6	
22-Nov-25			Commonwealth Bank Region Relay Carnivals
23-Nov-25			Commonwealth Bank Region Relay Carnivals
26-Nov-25	Week 1 Program / Training	7	
29-Nov-25	Week 1 Program / Competition	7	
03-Dec-25	Week 2 Program / Training	8	
06-Dec-25	Week 2 Program / Competition	8	
08-Dec-25			State Combined Event Championships - Entry Portal Closes
08-Dec-25			Region Track and Field Carnivals - Entry Portal Opens
10-Dec-25	Week 3 Program / Training	9	
13-Dec-25	Week 3 Program / Competition	9	
13-Dec-25			Commonwealth Bank State Relay Championships
14-Dec-25			Commonwealth Bank State Relay Championships
20-Dec-25	No competition / Christmas and New Year Break		
27-Dec-25	No competition / Christmas and New Year Break		
03-Jan-26	No competition / Christmas and New Year Break		
10-Jan-26	No competition / Christmas and New Year Break		
12-Jan-26			Region Track and Field Carnivals - Entry Portal Closes
17-Jan-26	No competition / Christmas and New Year Break		
17-Jan-26			State Combined Event Championships
18-Jan-26			State Combined Event Championships
24-Jan-26	No competition / Australia Day Long Weekend		
28-Jan-26	Week 1 Program / Training	10	
31-Jan-26	Week 1 Program / Competition	10	
04-Feb-26	Week 2 Program / Training	11	
07-Feb-26	Week 2 Program / Competition	11	
07-Feb-26			Region Track and Field Carnivals
08-Feb-26			Region Track and Field Carnivals
11-Feb-26	Week 3 Program / Training	12	
14-Feb-26	Week 3 Program / Competition	12	
18-Feb-26	Week 1 Program / Training	13	
21-Feb-26	Week 1 Program / Competition	13	
25-Feb-26	Week 2 Program / Training	14	
28-Feb-26	Week 2 Program / Competition	14	
07-Mar-26	No competition / Labour Day Long Weekend		
07-Mar-26			State Track and Field Championships
08-Mar-26			State Track and Field Championships
11-Mar-26	Week 3 Program / Training	15	
14-Mar-26	Week 3 Program / Competition	15	
18-Mar-26	Training / Multi Event	16	
21-Mar-26	Modified Program / Multi Event	16	
28-Mar-26	Modified Program / Cross Country Colour Run	17	Annual General Meeting and Presentation

**Kew Little Athletics Centre - Summer Track and Field
Week 1 Program**



Age Groups	8:30 (10 min)	8:40 (20 min)	9:00 (20 min)	9:20 (20 min)	9:40 (20 min)	10:00 (20 min)
U6B, U6G	Warm Up	Skills and Games	Shot Put, 1kg	70m	Discus, 350g	
U7B, U7G	Warm Up	Skills and Games	70m	Discus, 350g	Shot Put, 1kg	200m, Laned
U8B, U8G	Warm Up	Discus, 500g	70m	High Jump, Scissor	200m, Laned	Shot Put, 1.5kg
U9B, U9G, U10B, U10G	Warm Up	70m	High Jump, Scissor	Shot Put, 2kg	200m, Laned	Discus, 500g
U11B, U11G, U12B, U12G, U13B, U13G	Warm Up	70m	Discus, 500g (U11), 750g (U12, U13)	200m, Laned	High Jump	1500m, Unlaned

**Kew Little Athletics Centre - Summer Track and Field
Week 2 Program**



Age Groups	8:30 (10 min)	8:40 (20 min)	9:00 (20 min)	9:20 (20 min)	9:40 (20 min)	10:00 (20 min)
U6B, U6G	Warm Up	Skills and Games	Shuttle Relay, Back Straight	100m	Shot Put, 1kg	Long Jump, Mat
U7B, U7G	Warm Up	Skills and Games	100m	Shot Put, 1kg	Long Jump, Mat	4 x 100m Relay, Laned
U8B, U8G	Warm Up	Long Jump, Mat	100m	Shuttle Relay, Back Straight	High Jump, Scissor	4 x 100m Relay, Laned
U9B, U9G, U10B, U10G	Warm Up	100m	High Jump, Scissor	Long Jump, Mat	400m, Laned	4 x 100m Relay, Laned OR 4 x 200m Relay, Laned to Breakline
U11B, U11G, U12B, U12G, U13B, U13G	Warm Up	100m	Long Jump, Board	High Jump	400m, Laned	4 x 100m Relay, Laned OR 4 x 200m Relay, Laned to Breakline

**Kew Little Athletics Centre - Summer Track and Field
Week 3 Program**



Age Groups	8:30 (10 min)	8:40 (20 min)	9:00 (20 min)	9:20 (20 min)	9:40 (20 min)	10:00 (20 min)
U6B, U6G	Warm Up	Skills and Games	Vortex, South Oval	60m Hurdles, Front Straight, 20cm, 15m Spacing (3 Flights)	300m, Unlaned	
U7B, U7G	Warm Up	Skills and Games	Shuttle Relay, Back Straight	60m Hurdles, Front Straight, 30cm, 15m Spacing (3 Flights)	500m, Unlaned	Vortex, South Oval
U8B, U8G	Warm Up	Turbo Javelin, South Oval	60m Hurdles, Front Straight, 45cm, 12m then 7m Spacing (6 Flights)	Shot Put, 1.5kg	700m, Unlaned	
U9B, U9G, U10B, U10G	Warm Up	60m Hurdles, Front Straight, 45cm (U9), 60cm (U10), 12m then 7m Spacing (6 Flights)	Shuttle Relay, Back Straight	Turbo Javelin, South Oval	Shot Put, 2kg	800m, Laned to Breakline
U11B, U11G, U12B, U12G, U13B, U13G	Warm Up	80m Hurdles, Front Straight, 60cm (U11), 68cm (U12), 76cm (U13), 12m then 7m Spacing (9 Flights)	Shot Put, 2kg (U11, U12), 3kg (U13)	Triple Jump	Javelin, South Oval, 400g (U11, U12, U13G), 600g (U13B)	800m, Laned to Breakline