



## Brighton Little Athletics 2019-20 Summer U13+ Circuit RunSheet

	5.45-6.00pm	6.00pm	6.15pm	6.30pm	6.45pm	7.00pm	7.15pm	7.30pm	7.45pm	8.00pm	8.15pm
U13 Boys	Warm Up	S T A R T	100m	Shot Put		200m	Long Jump - Eastern Pit 1		60m Hurdle Relay	Pizza	
U13 Girls	Warm Up		100m	Shot Put		200m	Long Jump - Eastern Pit 2				
U14 / 15 / 16 Boys	Warm Up		Long Jump - Eastern Pit 1		200m	Shot Put		100m			
U14 / 15 / 16 Girls	Warm Up		Long Jump - Eastern Pit 2		200m	Shot Put		100m			
All Age Groups	Warm Up	Target Vortex									
	Warm Up	Guess your Triple Jump Distance - Western Pit 1 & 2									

**Notes**

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