

## BALLARAT YCW HARRIERS JUNIOR ATHLETICS 2025 / 2026 TRACK AND FIELD PROGRAM AND INFORMATION

### FRIDAY NIGHT JUNIOR DATES & PROGRAM ROTATIONS

<b>10-Oct-25</b> Program 1	<b>30-Jan-26</b> Program 2
<b>17-Oct-25</b> Program 2	<b>06-Feb-26</b> Program 3
<b>24-Oct-25</b> Program 3	<b>13-Feb-26</b> Program 1
<b>31-Oct-25</b> Program 1	<b>20-Feb-26</b> Program 2
<b>07-Nov-25</b> Program 2	<b>27-Feb-26</b> Program 3
<b>14-Nov-25</b> Program 3	<b>06-Mar-26</b> <b>Week Off</b>
<b>21-Nov-25</b> Program 1	<b>13-Mar-26</b> <b>Presentation night</b>
<b>28-Nov-25</b> Program 2	
<b>05-Dec-25</b> Program 3	
<b>12-Dec-25</b> Program 3	
<b>19-Dec-25</b> Program 1	<b>Christmas breakup round</b>

**Ballarat YCW Junior Athletics begins each Friday at 5.45pm.**

**The first event for each age group will alternate every week.**

**All starting point details will appear on the age group score sheets; it is important you follow the schedule of events as these have been organised in a way to avoid long waits at event sites.**

- If there are unfavourable weather conditions, rain, storms or extreme heat a decision on whether to run will be made at 5.00pm. The organising committee may make changes to the program to adapt to the conditions.
- **Cancellations will be updated on the Ballarat YCW face-book page and twitter which can be viewed on the website**
- Age for Friday night competition will be as of **October 1, 2025.**
- Athletes will remain in the same age group throughout the season if they have a birthday after this date. All members must register online.
- Children must wear appropriate footwear.
- Parents or helpers cannot wear footwear that could cause any damage to the track. Food or drink other than water cannot be taken past the

fence area. We are very fortunate to be able to compete at such a great facility and we must abide by the Centre rules regarding the Track.

- Any junior who is an A.V. registered member of Ballarat Harriers, Wendouree or Eureka clubs will only be able to run by invitation and not able to receive championship points.

**This Track & Field season can only be successful if we get the co-operation of parents willing to help with the conducting of the night.**

- Parents need to stay at Llanberris with their children as the Organising Committee cannot guarantee the safety of the children all the time.
- A club aggregate is conducted over the season, with all Track and Field results each night counting towards the end of season aggregate.
- Although we encourage all girls and boys to participate in all events for fun, only those who are able to run that distance should run the distance races.
- Children who have a medical condition e.g. Asthma should always be watched carefully.
- Parents, please remember you are responsible for your children.
- Parents are asked not to run on the track with their children as this can create stress for all concerned. By all means help the tiny tots go the right way etc. This can be done from the grass infield.

### **AVSL Competition (held on Saturday afternoons)**

- YCW has under 14 and under 16 Girls and Boys competing in the Athletics Victoria AVSL competition from 1.30pm on Saturday afternoons.
- All 12- to 16-year-olds are welcome to come along and compete for Ballarat YCW.
- You can run one week without being registered, but to score points for your team, and to be eligible to run Championships, you need to run as a registered Athletics Victoria runner.
- See Ash Rogers or Marita Rieniets for further information.

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WEEKLY TRACK PROGRAMS	
<b>PROGRAM 1</b>	
<b>Sprints</b>	60 metres U4 to U8 Girls & Boys 200 metres U9 to U16 Girls & Boys
<b>Distance</b>	200 metres U4 to U6 Girls & Boys 400 metres U7 & U8 Girls & Boys 800 metres U9 to U16 Girls & Boys
<b>PROGRAM 2</b>	
<b>Sprints</b>	60 metres U4 to U8 Girls & Boys 100 metres U9 to U16 Girls & Boys
<b>Distance</b>	200 metres U4 to U/6 Girls & Boys 600 metres U7 & U8 Girls & Boys 1000 metres U9 to U16 Girls & Boys
<b>PROGRAM 3</b>	
<b>Sprints</b>	Sprints 60 metres U4 to U16 Girls & boys
<b>Distance</b>	300 metres U4 to U6 Girls & Boys 700 metres U7 & U8 Girls & Boys 1100 metres U9 to U11 Girls & Boys 1500 meters U12 to U16 Girls & Boys
<b>Field Events</b>	All age groups will compete in 2 different field events weekly, on a rotation. Details will appear on the age group score sheets.

## DISCUS WEIGHTS

AGE	BOYS	GIRLS
Under 4	350g	350g
Under 5	350g	350g
Under 6	350g	350g
Under 7	350g	350g
Under 8	500g	500g
Under 9	500g	500g
Under 10	500g	500g
Under 11	750g	750g
Under 12	750g	750g
Under 13	750g	750g
Under 14	1kg	750g
Under 15	1kg	1kg
Under 16	1kg	1kg

## SHOT PUT WEIGHTS

AGE	BOYS		GIRLS	
Under 4	0.5kg	(Pink)	0.5kg	(Pink)
Under 5	0.5kg	(Pink)	0.5kg	(Pink)
Under 6	1kg	(Blue)	1kg	(Blue)
Under 7	1kg	(Blue)	1kg	(Blue)
Under 8	1.5kg	(Yellow)	1.5kg	(Yellow)
Under 9	1.5kg	(Yellow)	1.5kg	(Yellow)
Under 10	1.5kg	(Yellow)	1.5kg	(Yellow)
Under 11	2kg	(Red)	2kg	(Red)
Under 12	2kg	(Red)	2kg	(Red)
Under 13	3kg	(White)	3kg	(White)
Under 14	3kg	(White)	3kg	(White)
Under 15	4kg		3kg	(White)
Under 16	4kg		3kg	(White)