Toowong Harriers - Little Athletics Coaching Calendar - September to December 2019 October 2019

	TWH Little Athletics Coachi	ng - Thursday, 3 October 2019 @	Jack Cook Bark
6:00pm - 7:00pm	Distance running	Ages U9+, open, masters, paren	
	Distance Familie	riges estry open, masters, paren	5. 400 36.105) 1.055 / 1.14c.156.1
	TWH Little Athletics Coach	ing - Sunday, 6 October 2019 @ .	Jack Cook Park
	Self supervised training - all		
8:00am - 11:00am	equipment available	All ages, parents present	Supervising: Darryn Bryant
9:00am - 10:00am	Shot Put	U9 & U10	Des Davies
10:00am - 11:00am	Shot Put	U11 +	Des Davies
2.200		ng - Tuesday, 8 October 2019 @	
3:30pm - 4:30pm 4:30pm - 5:30pm	Distance running Fitness Circuit / Long Jump	Ages U9+ U7 & U8	Karen Wallace Freeman Denise Sheehan
4:30pm - 5:15pm	Group 1: High Jump Scissors	U9 & U10	TBC
4:30pm - 5:15pm	Group 2: Shot Put	U11+	Denitza Genova
5:15pm - 6:00pm	Group 1: Shot Put	Ages U9+	Denitza Genova
5:15pm - 6:00pm	Group 2: High Jump Flop	U11+	TBC
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	TWH Little Athletics Coachin	g - Thursday, 10 October 2019 @) Jack Cook Park
6:00pm - 7:00pm	Distance running	Ages U9+, open, masters, paren	ts Bruce Jones, Ross Anderson
		ng - Sunday, 13 October 2019 @	Jack Cook Park
	Self supervised training - all		
8:00am - 11:00am	equipment available	All ages, parents present	Supervising: Doug Logan
9:00am - 10:00am	Long Jump	U9 & U10	Lauren Murry
10:00am - 11:00am	Triple Jump	U11 +	Lauren Murry
	TWH Little Athletics Coachi	ng - Tuesday, 15 October 2019 @	Jack Cook Park
3:30pm - 4:30pm	Distance running	Ages U9+	Karen Wallace Freeman
4:30pm - 5:30pm	Sprints / Shot Put	U7 & U8	Denise Sheehan
4:30pm - 5:15pm	Group 1: Sprints	U9 & U10	Acceleration
4:30pm - 5:15pm	Group 2: Discus	U11+	Denitza Genova
	Carrier 1. Diamore	Ages U9+	Denitza Genova
5:15pm - 6:00pm	Group 1: Discus	, (BC3 C3 .	
5:15pm - 6:00pm 5:15pm - 6:00pm	Group 2: Sprints	U11+	Acceleration
	Group 2: Sprints	U11+	
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