Season 2023/24 Program C (short hurdles + walks)

	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B
8:00 AM											Javelin for U11-U17 Starting at 8:00am							
8:40 AM	8:40 All athletes at age group allocated area and sign-in with Age Group Manager // 8:45 = 10min Warm Up // 9:00 be at your first Event ready to start.																	
9:00 AM	On - Track mini Hurdles, 15 cm back straight		Discus south near HJ	L J @ TJ Finish Line	60mH	45cm				400m		L J Start Line	1500 mWalk @ 9:00 am sharp					
					45cm	60mH	45cm											
	300m	300m			S P West @ Front Straight		60mH	45cm			400m					H J Large Mat	T J Start Line	
			350 g			L J Finish Line		60mH	60cm									
			300m **				H J Scissor small mat		60mH	60cm		Hurdle Prioity		400m				
										60mH	60cm							
9:30 AM	On - Track							400m			80mH	60cm						400m
				300m **								80mH	68cm					
									400m			continue L J	80mH	68cm				
	L J @ T J Finish Line	L J @ T J Finish Line	LJ @ TJ Start Line	350 g										80mH	76cm			
				Discus south near HJ	L J Start Line	S P East @ 200m start									80mH	76cm		
																80mH	76cm	
10:00 AM													400m				80mH 90mH 100mH	76cm
								H J Scissor small mat	1100 mWalk		possibly combine 1100 mW if low nos.			L J Finish Line				90mH 100mH 110mH
	S P West @ Front Straight	S P West @ Front Straight	(with a coach) mini Hurdles, 30 cm back straight								1100 mWalk				400m			
Toddlers Race after hurdles	1 kg	1 kg					400m		L J @ T J Finish Line								Toddler Race Time	
10:30 AM	70m	70m																
			70m													400m		T J Start Line
				70m						H J Scissor small mat	L J Start Line							
					70m								L J Finish Line		H J Large Mat		400m	
						70m	700 mWalk											
			Hurdle	tick colour								400m						
11:00 AM	6 - 7		60 mH	mini - plastic x6	700 mWalk		possibly combine 700 mW if low nos.											
	8 - 10		60 mH	orange x6														
	11 - 13 , 14G		80 mH	black x9														
	14B, 15G, 16G		90 mH	white x9	Distance _ Lanes 1-2													
	15B, 16B, 17G		100 mH	yellow x10	Circular _ Lanes 3-7													
11:30 AM	17B		110 mH	blue x10	Front Straight _ Lanes 8-12													

U9-U11:	Open Shot Put - east (near 200m start) **	
	Open Discus - north (near 200m start) **	
U12-U17:	Open Shot Put - west (near front straight) **	
	Open Discus - south (near HJ) **	

No open events for U6 - U8 age groups

** 300m: LAN traditional event (still include)

** Note: Scheduled events have priority

Events Program C	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B
	OT mini-H	OT mini-H	Disc	LJ	60mH	60mH	60mH	60mH		400	400	LJ	1500W	1500W	1500W	1500W	1500W	1500W
	300m	300m	300m **	300m **	SP	LJ	HJ		60mH	60mH	80mH	80mH		400		HJ	TJ	400
	LJ	LJ	LJ	Disc	LJ	SP		400	400			1100W	80mH	80mH	80mH	80mH	80-90-100mH	
	SP	SP	OT mini-H	OT mini-H	700W	700W	400	HJ	1100W	1100W	1100W		400	LJ	400	400	90-100-110mH	
	70m	70m	70m	70m	70m	70m	700W	700W	LJ	HJ	LJ	400	LJ		HJ		400	TJ

C C