

Season 2018/19 Calendar

Date	Event	Venue
1/9/18	Come & Try Day 1	Sassella Park
15/9/18	Come & Try Day 2	Sassella Park
13/10/18	Round 1 - Program A	Sassella Park
20/10/18	Round 2 - Program B	Sassella Park
27/10/18	Round 3 - Program C	Sassella Park
30/10/18	Round 4 - Twilight A	Sassella Park
3/11/18	Round 5 - Program A	Sassella Park
10/11/18	Round 6 - Inter-centre round with Altona Program B	Sassella Park
17-18/11/18	Region Relay Championships U9-U16	Melton
24/11/18	Round 7 - Brimbank Multi event	Sassella Park
1/12/18	Round 8 - Program C	Sassella Park
2/12/18	LAVIC U6-U8 Skills Clinic & Carnival	Doncaster
8/12/18	Round 9 – Visit from Santa Program A	Sassella Park
11/12/18	Round 10 - Twilight B	Sassella Park
15/12/18	State Relay Championships	Lakeside
CHRISTMAS BREAK		
12/1/19	Round 11 - Program B	Sassella Park
19/1/19	Round 12 - Program C	Sassella Park
22/1/19	Round 13 - Twilight C	Sassella Park
2-3/2/19	State Multi-Event Championships U9-U16	Lakeside
9/2/19	Round 14 - Relayathon & Multi-Cultural Day Program A	Sassella Park
16/2/19	Region Track & Field Championships U9-U16	Werribee
23/2/19	Round 15 - Program B	Sassella Park
2/3/19	Championship Week One	Sassella Park
3/3/19	Wash out round for Championship	Sassella Park
9/3/19	Championship Week Two	Sassella Park
10/3/19	Wash out round for Championship	Sassella Park
15-17/3/19	State Track & Field Championships	Casey Fields

Saturday rounds – Warm up begins at 8:45am for a 9am start

Twilight rounds – Warm up begins at 5:15pm for a 5:30pm start



Technical Specifications

Age Group	Boys Implement			Age Group	Girls Implement		
	Shot	Discus	Javelin		Shot	Discus	Javelin
U6 U7	1kg	350g		U6 U7	1kg	350g	
U8	1.5kg	350g		U8	1.5kg	1.5kg	
U9	2kg	500g		U9	2kg	500g	
U10	2kg	500g		U10	2kg	500g	
U11	2kg	500g		400g	U11	2kg	
U12	2kg	750g	400g	U12	2kg	750g	400g
U13	3kg	750g	600g	U13	3kg	750g	400g
U14	3kg	1kg	600g	U14	3kg	1kg	400g
U15 U16	4kg	1kg	700g	U15 U16	3kg	1kg	500g

Hurdles

Age Group	Distance	Height	Distance	Height
U6	60m	mini		
U7 U9	60m	45cm		
U10, U11	60m	60cm		
U12	80m	68cm		
U13	80m	76cm	200m	68cm
U14G	80m	76cm	200m	76cm
U14B	90m	76cm	200m	76cm
U15G U16G	90m	76cm	300m	76cm
U15B U16B	100m	76cm	300m	76cm

Event	Number of Flights	Run into 1 st hurdle	Distance between hurdles	Run out from last hurdle
60m	6	12 m	7 m	13 m
80m	9	12 m	7 m	12 m
90m	9	13 m	8 m	13 m
100m	10	13 m	8.5 m	10.5 m
200m	5	20 m	35 m	40 m
300m	7	50 m	35 m	40 m

Long Jump

Age Group	Length of Mat	Distance from Pit
U6 - U8	1.22 m by 1m mat	0.5 m from the near edge of the pit.
U9 - U10	1.22 m by 0.5 m mat	1.5m from the near edge of the pit.
U11 - U16	1.22 m by 0.20 m	1 m from the near edge of the pit.

BOYS PROGRAM

BOYS PROGRAM									
PROGRAM A	U 5/6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
	40m	400m	700m W	700m W	1100mW	1100mW	100m	100m	100m
	LJ	Dis	100m	100m	100m	100m	1500mW	1500mW	1500mW
	OnTrack	LJ	400m	400m	400m	400m	400m	400m	400m
	100m	OnTrack	HJ	Dis	HJ	Jav	Dis	HJ	Jav
		100m	SP	LJ	SP	LJ	TJ	SP	LJ
PROGRAM B	U5/6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
	OnTrack	OnTrack	LJ	HJ	LJ	TJ	HJ	200m H	TJ
	Dis	Dis	Dis	SP	Turbo Jav	Dis	SP	LJ	Dis
	60m H	SP	800m	800m	800m	800m	800m	Jav	800m
	70m	60m H	60m H	60m H	60m H	60m H	80m H	800m	300m H
		70m	70m	70m	100m	100m	100m	100m	100m
PROGRAM C	U 5/6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
	60m	LJ	LJ	LJ	LJ	SP	LJ	TJ	HJ
	LJ	OnTrack	Dis	Dis	Dis	1500m	Jav	Dis	SP
	OnTrack	SP	SP	SP	1500m	70m	1500m	1500m	1500m
	SP	70m	100m	100m	70m	200m	70m	90m H	100m H
		200m	200m	200m	200m	HJ	200m	200m	200m

NOTE: On Track will only run prior to the New Year. In the New Year an Extra Event will be offered to the Under 6's and 7's.

GIRLS PROGRAM

GIRLS PROGRAM									
PROGRAM A	U 5/6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
	100m	100m	700m W	700m W	1100mW	1100mW	1500mW	1500mW	1500mW
	40m	400m	100m	100m	100m	100m	100m	100m	100m
	LJ	LJ	400m	400m	400m	400m	400m	400m	400m
	OnTrack	OnTrack	LJ	Dis	HJ	Dis	Jav	HJ	Dis
		SP	Dis	LJ	SP	TJ	LJ	SP	TJ
PROGRAM B	U 5/6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
	OnTrack	LJ	HJ	HJ	Dis	LJ	HJ	TJ	LJ
	Dis	OnTrack	SP	SP	800m	Jav	SP	Dis	Jav
	60m H	Dis	800m	800m	60m H	800m	800m	800m	800m
	70m	60m H	60m H	60m H	70m	60m H	80m H	100m	300m H
		70m	70m	70m	100m	100m	100m	200m H	100m
PROGRAM C	U 5/6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
	LJ	OnTrack	LJ	LJ	Turbo Jav	HJ	TJ	80m H	90m H
	OnTrack	Dis	Dis	Dis	LJ	SP	Dis	LJ	HJ
	SP	SP	SP	SP	1500m	1500m	1500m	Jav	SP
	60m	70m	100m	100m	70m	70m	70m	1500m	1500m
		200m	200m	200m	200m	200m	200m	200m	200m

NOTE: On Track will only run prior to the New Year. In the New Year an Extra Event will be offered to the Under 6's and 7's.

BOYS TWILIGHT PROGRAM

U 6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
70m	100m	70m	70m	70m	70m	70m	100m	100m
100m	200m	800m	800m	800m	800m	800m	800m	800m
SP	LJ	HJ	HJ	Dis	TJ	TJ	HJ	TJ
Dis	SP	SP	SP	TurboJav		HJ	Jav	SP
U 6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
100m	70m	100m	100m	100m	100m	100m	100m	100m
Dis	100m	400m	400m	400m	400m	400m	400m	400m
LJ	400m	LJ	Dis	HJ	LJ	LJ	SP	LJ
SP	Dis	SP	SP	SP	Dis	Dis	Dis	Jav
U 6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
70m	70m	100m	100m	70m	70m	100m	100m	100m
100m	100m	200m	200m	200m	200m	200m	200m	200m
LJ	LJ	LJ	LJ	LJ	HJ	LJ	TJ	HJ
SP	Dis	Dis	Dis	Dis	SP	SP	Jav	Dis



GIRLS TWILIGHT PROGRAM

U 6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
70m	100m	70m	70m	70m	70m	70m	800m	100m
100m	200m	800m	800m	800m	800m	800m	SP	800m
SP	Dis	LJ	SP	SP	Dis	Dis	Dis	Jav
Dis	LJ	HJ	HJ	LJ	LJ	TJ	LJ	TJ
U 6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
100m	70m	100m	100m	100m	100m	100m	100m	100m
Dis	100m	400m	400m	400m	400m	400m	400m	400m
LJ	400m	Dis	Dis	Dis	Jav	LJ	Jav	SP
Dis	SP	SP	LJ	TurboJav	TJ	HJ	HJ	LJ
U 6	U7	U8	U9	U10	U11	U12	U13/14	U15/16
70m	70m	100m	100m	70m	70m	100m	100m	200m
100m	100m	200m	200m	200m	200m	200m	200m	Dis
SP	SP	SP	SP	SP	SP	SP	Jav	LJ
LJ	LJ	Dis	LJ	HJ	HJ	Dis	TJ	TJ

