

Program 1						
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6
Start Time 8:30am. Track or Field Event 1 please marshal at your event. Warm Up and ready to participate. Please note: The chief marshal may change the event order at any time. All groups must see chief marshal prior to each event.						
U6		On-Track Throws	Discus	Long Jump (Back Pit)	70m	Vortex (Back Straight)
U7		Long Jump (Back Pit)	70m	Shotput	100m	Vortex (Back Straight)
U8		Shotput	200m	Turbo Jav	Long Jump (Pit 1)	100m
U9		200m	Discus	70m	Long Jump (Pit 2)	100m
U10	1100mW	200m	Long Jump (Pit 1 & 2)	70m	Discus	
U11	1100mW	Discus (500g)	200m	Triple Jump (Pit 1 & 2)	100m	Javelin
U12	Javelin	200m	Triple Jump (Pit 1 & 2)	100m	Discus	High Jump
U13, U14 & U15	200mH 13 (68cm) 200mH 14 (76cm) 300mH 15 (76cm)	High Jump	200m	Shotput	100m	Long Jump

Relay Training - Optional - No points awarded

Program 2						
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6
Start Time 8:30am. Track or Field Event 1 please marshal at your event. Warm Up and ready to participate. Please note: The chief marshal may change the event order at any time. All groups must see chief marshal prior to each event.						
U6		On Track Jumps	Long Jump (Back Pit)	70m	Shotput	100m
U7		Discus	70m	Long Jump (Back Pit)	100m	Vortex
U8		60mH (45cm)	Long Jump (Pit 1)	70m	Discus	100m
U9		60mH (45cm)	800m	Shotput	100m	Turbo Javelin
U10		High Jump (Scissors Only)	60mH (60cm)	800m	Turbo Javelin	Long Jump (Pit 2)
U11	Long Jump (Pit 1)	60mH (60cm)	Shotput	800m	High Jump	100m
U12	80mH (68cm)	Shotput (2kg)	800m	Long Jump (Pit 2)	100m	Triple Jump (Pit 1 & 2)
U13, U14 & U15	Javelin	800m	Discus	100m	Triple Jump (Pit 1 & 2)	

- U6-U10 Standing start only. No Blocks.
 U11 - U16 Can wear spikes in laned events, long jump and triple jump. Can use blocks. Blocks only recommended after crouch start is perfected.
Available Event not offered at WLAC this season. It is an available event for this age group. Under 8 wanting to participate in race walk should speak to the registrar.
 1.3 optional Relays will be offered as an optional event only and no participation or place points will be awarded.
Programming Committee Deb Star, Maree Cribbes, Olivia Edwards and Anthea Mulholland
Relay and On-Track U6-U8 Participation points only being awarded for these events
 U6-U16 All athletes can perform a standing start

Program 3						
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6
Start Time 8:30am. Track or Field Event 1 please marshal at your event. Warm Up and ready to participate. Please note: The chief marshal may change the event order at any time. All groups must see chief marshal prior to each event.						
U6		70m	On Track Batton	Relay (Next to equip. shed)	Shotput (Centre Field)	60mH
U7		400m (Pack Start)	Shotput (Centre Field)	100m	Long Jump (Back Pit)	60mH
U8		High Jump Flexi Bar (Scissors)	400m (Pack Start)	Long Jump (Pit 2)	100m	Shotput
U9		Long Jump (Pit 1)	400m	High Jump (Scissors Only)	Discus	100m
U10		Discus	Long Jump (Pit 1)	400m	Shotput	100m
U11	Javelin	Triple Jump (Pit 1 & 2)	400m	Discus (500g)	100m	
U12	Long Jump (Pit 1)	400m	Discus	1500mW	100m	
U13, U14 & U15	400m	Shotput	1500mW	100m	Long Jump (Pit 2)	Javelin

Relay Day - Optional

Program 4						
Age Group	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6
Start Time 8:30am. Track or Field Event 1 please marshal at your event. Warm Up and ready to participate. Please note: The chief marshal may change the event order at any time. All groups must see chief marshal prior to each event.						
U6		OnTrack Jumps	Long Jump (Back Pit)	200m (Pack Start)	Discus (Centre Field)	60m
U7		Relay	Discus (Centre Field)	200m	Long Jump (Back Pit)	60m
U8		Discus	Relay	60mH (45cm)	70m	High Jump Flexi Bar (Scissors)
U9		700W	Shotput	60mH (45cm)	Long Jump (Pit 1)	70m
U10		Long Jump (Pit 1)	60mH (60cm)	Shotput	70m	100m
U11	1500m	Triple Jump (Pit 1 & 2)	60mH (60cm)	Long Jump (Pit 2)	100m	Shotput
U12	Javelin	80mH (68cm)	High Jump	1500m	Shotput (2kg)	100m
U13, U14 & U15	80mH 13B, 13G, 14G 90mH 14B, 15G 100mH 15B (76cm)	High Jump	1500m	Discus (750g U13 / 1kg 14-16)	100m	Triple Jump (Pit 1 & 2)

- U6-U10 Standing start only. No Blocks.
 U11 - U16 Can wear spikes in laned events, long jump and triple jump. Can use blocks. Blocks only recommended after crouch start is perfected.
Available Event not offered at WLAC this season. It is an available event for this age group. Under 8 wanting to participate in race walk should speak to the registrar.
 1.3 optional Relays will be offered as an optional event only and no participation or place points will be awarded.
Programming Committee Deb Star, Maree Cribbes, Olivia Edwards and Anthea Mulholland
Relay and On-Track U6-U8 Participation points only being awarded for these events
 U6-U16 All athletes can perform a standing start