

NSLAC Event Program

**NSLAC Week 1 Event Program**

WEEK 1	6	7	8	9	10	11	12	13	14-17
6:45									
7:30									
7:45	Long Jump 2	Discus 3	100m	High Jump 2	70m	High Jump 1	Long Jump 1	200H/300H	200H/300H
8:00								100m	200m
2	50m	70m	Shot Put 2	200m	Long Jump 2	100m	100m	Discus 1	400m
3	100m	50m	700m	Shot Put 3		Shot Put 1	400m	Long Jump 1	100m
4	Discus 3	Shot Put 2	Long Jump 2	800m	100m	Discus 1	400m		High Jump 1
5	300m	500m		70m	400m			400m	
6								Javelin*	
7									

\*Early Javelin must cease by 8am but can start early. Late Javelin can not commence until safe to do so (committee member clearance needed).

NSLAC Event Program

**NSLAC Week 2 Event Program**

WEEK 2	6	7	8	9	10	11	12	13	14-17
6:45									
7:30									
7:45	Shot Put 3	Shot Put 2	Discus 3	Long Jump 2			Shot Put 1		
8:00		70m			200m	800m		80H-100H (76cm)	80H-100H (76cm)
2		Shot Put 2	100m		High Jump 2	Discus 1	200m	High Jump 1	Long Jump 1
3	70m	Long Jump 2	700m	100m	200m	80H (68cm)			
4	200m		Shot Put 3	Discus 3	60H (60cm)	80H (60cm)	800m	800m	800m
5	Long Jump 2	100m	60H (45cm)	200m	800m	Long Jump 1	High Jump 1	Shot Put 1	Discus 1
6	Discus 2	50m	200m	60H (45cm)	Shot Put 3			200m	200m
7							Javelin*	3000m	

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## NSLAC Week 3 Event Program

WEEK 3	6	7	8	9	10	11	12	13	14-17										
6:45																			
7:30																		Javelin*	
7:45									Discus 3									Long Jump 2	Shot Put 2
8:00									50m	200m	400m	100m	100m	1500m	100m	1500m	1500m	High Jump 1	
2	Discus 2	200m	400m	400m	100m	100m	1500m	Discus 1	1500m	1500m	High Jump 2	400m	100m	100m	100m	100m	100m	100m	100m
3		100m																	
4	100m	Shot Put 3	Discus 3	High Jump 2	Long Jump 1	1500m	400m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m	100m
5	Shot Put 2																		
6	300m	Long Jump 2	100m	100m	800m	High Jump 1	Discus 1	400m	400m	400m	400m								
7									Javelin*										

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## NSLAC Week 4 Event Program

WEEK 4	6	7	8	9	10	11	12	13	14-17	
6:45										
7:30								All walks - One race 700W (U9); 1100W (U10,U11); 1500W (U12-U17)		Walk or Javelin*
7:45	Long Jump 2	Shot Put 2	Discus 3			Long Jump 1	Shot Put 1	200H/300H	200H/300H	
8:00			70m	100m	200m					
2		500m	Discus 3	70m	Discus 1	800m	100m	High Jump 1	Long Jump 1	
3	70m	Discus 2	100m	Long Jump 2	High Jump 2	100m	200m			
4	200m	50m	Shot Put 2			400m	100m	Discus 1	High Jump 1	800m
5	Shot Put 3	Long Jump 2		400m	100m	800m	Triple Jump @ LJ1			800m
6	100m		400m	Discus 3	800m	800m	100m	Shot Put 1		
7							Javelin*	3000m		

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## NSLAC Week 5 Event Program

WEEK 5	6	7	8	9	10	11	12	13	14-17
6:45									
7:30									
7:45									
8:00	300m	200m	60H (45cm)	60H (45cm)	Long Jump 2	1500m	Triple Jump @ LJ1	80H-100H	80H-100H
2	Discus 3	70m	Shot Put 2	200m	Long Jump 2	Shot Put 1	Triple Jump @ LJ1	Discus 1	High Jump 1
3		Long Jump 2	70m	Shot Put 2		200m			
4	Shot Put 2		700m		High Jump 2		70m	400m	80H (68cm)
5	70m	50m	Long Jump 2	Shot Put 3		400m	High Jump 1	Discus 1	1500m
6	50m	100m		800m	Discus 3	400m		100m	
7								Javelin*	

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**NSLAC Week 6 Event Program**

WEEK 6	6	7	8	9	10	11	12	13	14-17
6:45									
7:30									
7:45	Long Jump 2	Discus 3			High Jump 2			Shot Put 1	Long Jump 1
8:00									60H (45cm)
2		100m	Long Jump 2	60H (45cm)		Discus 1	800m	High Jump 1	Long Jump 1
3	200m	Shot Put 2		Discus 2	60H (60cm)	80H (60cm)	Shot Put 1		800m
4	100m	500m	Discus 3	100m	200m	Triple Jump @ LJ1	80H (68cm)	800m	Discus 1
5	50m	70m	70m	Long Jump 2	Shot Put 3		High Jump 1	200m	Shot Put 1
6	Discus 2	200m	200m		800m	800m		Long Jump 1	200m
7							Javelin*	3000m	

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