

NSLAC Week 'A' Event Program

WEEK A	07:30	07:45	08:00	2	3	4	5	6	7	Late
U6			70m	200m	Long Jump 2		100m	Boys: Discus 2		
U7		Discus 2 & 3			70m	100m		200m		
U8			700m	Shot Put 2 & 3		200m	Long Jump 2		60mH (45cm)	
U9	# see notes	Long Jump 2			800m	Shot Put 2 & 3		60mH (45cm)	200m	
U10			200m	800m	Girls: Discus 2 & 3 Boys: High Jump 2		60mH (60cm)	Boys: Discus 1 & 3 Girls: High Jump 2		
U11	Javelin # see notes		Long Jump 1 / Triple Jump 1			80mH (60cm)	200m		800m	
U12	# see notes		Shot Put 1 / Discus 1		80mH (68cm)	200m	800m	High Jump 1		
U13			200m	80mH (76cm)	Shot Put 1 / Discus 1		800m	Long Jump 1 / Triple Jump 1		
U14			90/80mH (76cm)	200m	High Jump 1		Shot Put 1 / Discus 1		800m	
U15			100/90mH (76cm)		200m	Long Jump 1 / Triple Jump 1		800m		Javelin
U17		110/100mH (76cm)	High Jump 1		200m	800m		100m		

- Notes:**
- 1) # Week 1, 5, 9, etc is 7:30am walks for U9-17 / Week 3, 7, 11, etc is 7:30am 3000m for U13-17
 - 2) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is vacated and permission given by committee to start throwing
 - 3) Strictly no walking permitted in the 3000m - athletes must be able to run continuously for the entire race.
 - 4) 7:45am hurdles races will not wait for early 3000m or walks to finish - athletes wishing to run hurdles may need to skip the early events

NSLAC Week 'B' Event Program

WEEK B	07:30	07:45	08:00	2	3	4	5	6	7	Late
U6			300m	50m	Shot Put 2 & 3		100m	Girls: Discus 2		
U7			Shot Put 2 & 3		500m	Long Jump 2		50m	100m	
U8		Discus 2 & 3			100m		400m	70m		
U9			400m	70m	Discus 2 & 3 / High Jump 2		100m	Discus 3 / High Jump 2		
U10		Long Jump 2			400m	100m	70m	Shot Put 2 & 3		
U11	1500m	Shot Put 1 / Discus 1			100m	400m	High Jump 1			
U12		Long Jump 1 / Triple Jump 1				100m		400m		
U13	200mH (68cm)		High Jump 1		100m	1500m		400m		Javelin
U14	200mH (76cm)		100m	400m		Long Jump 1 / Triple Jump 1		1500m		
U15		300mH (76cm)	100m	1500m	High Jump 1		Shot Put 1 / Discus 1		400m	
U17		300mH (76cm)			Shot Put 1 / Discus 1		400m	Long Jump 1 / Triple Jump 1		

Notes: 1) Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing