

## 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 3		
U7			Shot Put 2 & 3			70m	200m	100m		
U8		Discus 2 & 3			100m	200m	Long Jump 2		60mH (45cm)	
U9		Long Jump 2			800m	Shot Put 2 & 3		60mH (45cm)	200m	
U10			200m	800m	Girls: Discus 2 Boys: High Jump 2		60mH (60cm)	Boys: Discus 1 Girls: High Jump 2		
U11	Javelin		Long Jump 1 / Triple Jump 1			80mH (60cm)	100m	200m	800m	
U12		(Shot Put 1)	Shot Put 1 / Discus 1		80mH (68cm)	200m	800m	High Jump 1		
U13	All age groups one race		800m	80mH (76cm)	Shot Put 1 / Discus 1		200m	Long Jump 1 / Triple Jump 1		Javelin
U14		3000m	200m	90/80mH (76cm)	High Jump 1		Shot Put 1 / Discus 1		800m	
U15			100/90mH (76cm)	100m	200m	Long Jump 1 / Triple Jump 1		800m		
U17			110/100mH (76cm)	High Jump 1		200m	800m	100m		

- Notes:**
- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
  - 2) 3000m is one race for all age groups. Strictly no walking permitted - athletes must be able to run for 3,000m continuously.
  - 3) 7:45AM hurdles races will not wait for 3000m to finish - athletes wishing to run hurdles may need to skip the 3000m

## NSLAC Week 'B' Event Program

WEEK B	07:30	07:45	08:00	2	3	4	5	6	7	Late
U6			50m	300m	Shot Put 2 & 3		100m	Girls: Discus 3		
U7		Discus 2 & 3			500m	Long Jump 2		50m	100m	
U8		Shot Put 2 & 3			70m	400m	100m	700m		
U9	700mW		70m	400m	Discus 2 / High Jump 2		100m	Discus 2 / High Jump 2		
U10	1100mW	Long Jump 2			70m	100m	400m	Shot Put 2 & 3		
U11		(Shot Put 1)	Shot Put 1 / Discus 1		400m	1500m	High Jump 1			
U12	1500mW or Javelin		Long Jump 1 / Triple Jump 1			100m	400m	1500m		
U13	1500mW	200mH (68cm)	High Jump 1		400m	100m	1500m			
U14		200mH (76cm)	1500m		100m	Long Jump 1 / Triple Jump 1		400m		
U15	All walks one race		300mH (76cm)	400m	High Jump 1		1500m	Shot Put 1 / Discus 1		Javelin
U17			300mH (76cm)	1500m	Shot Put 1 / Discus 1		400m	Long Jump 1 / Triple Jump 1		

- Notes:**
- 1) Early Javelin must finish by 8am; Late Javelin cannot start until Discus 1 is completely vacated and permission given by committee to start throwing
  - 2) Walks is one race for all age groups
  - 3) 7:45AM hurdles races will not wait for walks to finish - athletes wishing to do hurdles may need to skip the walks