

**Season 2022/23 Program C (short hurdles + walks)**

	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B	
8:00 AM											Javelin for U11-U17 Starting at 8:00am								
8:40 AM	8:40 All athletes at age group allocated area and sign-in with Age Group Manager // 8:45 = 10min Warm Up // 9:00 be at your first Event ready to start.																		
9:00 AM	On - Track		LJ @ TJ Start Line	Discus south near HJ	SP west @ Front Straight	SP east @ 200m start	HJ Scissor small mat (20)		LJ @ TJ Finish Line (22)		LJ Finish Line		1500m Walk @ 9:00 am sharp		400m			100 mH 90 mH 80 mH	110 mH 100 mH 90 mH
	LJ Start Line	LJ Start Line								400m							80 mH	76cm	
			350 g														80 mH	76cm	
9:30 AM			with a coach: mini Hurdles, 30cm back straight		LJ Finish Line	LJ Start Line		400m						80 mH	68cm		80 mH	68cm	HJ Large Mat
	300m	300m												80 mH	60cm		80 mH	60cm	
	On - Track mini Hurdles, 15cm back straight		300m *								60 mH	60 mH							400m
				300m *															400m
10:00 AM	1 kg	1 kg						60 mH	60cm		HJ Scissor small mat	1100m Walk							
	SP west @ Front Straight	SP west @ Front Straight	Discus south near HJ	LJ @ TJ Finish Line	45cm	60 mH	45cm	60 mH	45cm					400m					
					60 mH	45cm													
Toddlers Race					Toddler Race Time					400m									1500m Walk
10:30 AM	70m																		
		70m	350 g																
			70m																
				70m															
11:00 AM			Hurdle	tick colour	70m			400m											
	6 - 7		60mH mini - plastic	x6		70m													
	8 - 10		60 mH	orange	x6														
	11 - 13 , 14G		80 mH	black	x9														
	14B, 15G, 16G		90 mH	white	x9														
	15B, 16B, 17G		100 mH	yellow	x10														
11:30 AM			110 mH	blue	x10														
	No open events for U6 - U8 age groups									U9-U11: Open Shot Put (east, near 200m start **)					U12-U17: Open Shot Put (west, near front straight **)				
										U9-U11: Open Discus (north, near 200m start **)					U12-U17: Open Discus (south, near HJ **)				
	* 300m: LAN tradition inclusion									** Note: Scheduled events have priority									
Events Program C	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B	
	LJ	LJ	LJ	Disc	SP	SP	HJ		LJ	400	LJ	400	1500W	1500W	400	80mH	80-90-100m	100-110mH	
	300m	300m	OT mini-H	OT mini-H	LJ	LJ		400	60mH	60mH	80mH	80mH	80mH	80mH	80mH	HJ		400	
	OT mini-H	OT mini-H	300m *	300m *	60mH	60mH	60mH	60mH	400	HJ	1100W	1100W		LJ		1500W	400		
	SP	SP	Disc	LJ	700W	700W	700W	700W	1100W	1100W			400	400	1500W		1500W	1500W	
	70m	70m	70m	70m	70m	70m	400	HJ			400	LJ	LJ		HJ	400	TJ	TJ	

C	reg. 23-11-22	11	4	8	20	11	11	22	16	24	20	14	19	8	12	7	12	13	17
	249																	7 2 3 1	6 6 3 2

event in use: Front    Circ    Dist    Jav    HJ large    HJ med-sm    LJ start    LJ finish    TJ start    TJ finish    SP east    SP west    Disc north    Disc south    walk judges    Hurdle help