

KINGS LANGLEY LITTLE ATHLETICS CENTRE



Incorporated in NSW
ABN 81 099 043 371

www.kllac.org.au



Fred Vassel Fields
Morgan Power Reserve
Vardys Road
Kings Langley NSW 2147

P.O. Box 545
Kings Langley NSW 2147
Mobile: 0412 546 908
Email: info@kllac.org.au

PROGRAM C RUN SHEET (v2023.1)

Tiny Tots	50m	Tiny Tots activities			
TRACK EVENTS TO BE MARSHALLED THROUGH NATALIE					
	6:15pm	FIRST EVENT	SECOND	THIRD	FOURTH
U6 Boys		Long jump	100m	Shot Put	300m
U6 Girls		Long jump	100m	Shot Put	300m
U7 Boys		Shot Put	100m	Vortex	500m
U7 Girls		100m	Vortex	500m	Shot put
U8 Boys		Shot Put	100m	Vortex	700m
U8 Girls		Shot Put	Vortex	100m	700m
U9 Boys		Discus (top)	100m	Vortex	800m
U9 Girls		100m	Vortex	Discus (top)	800m
U10 Boys		Discus (bottom)	100m	Turbo Javelin	800m
U10 Girls		Turbo Javelin	100m	Discus (bottom)	800m
U11 Boys		Long jump	100m	Shot Put	800m
U11 Girls		100m	Long Jump	Shot Put	800m
U12 & 13 Girls	1500m Walk (U12 – 17)	U13 Hurdles U12 100m (priority)	800m	High Jump	Javelin
U12, 13 & U14 Boys		U13 & 14 Hurdles U12 100m (priority)	Javelin	Long Jump	800m
U14 Girls		Hurdles	High Jump	Javelin	800m
U15 & U17		Hurdles	High Jump	800m	Shot Put

HURDLE NOTES:

HURDLES	Age Group	Race Distance	Flights	between	In	Out	Height
	U13	200 metres	5	35 metres	20 metres	40 metres	68cm
U14	76cm						
U15	300 metres	7	35 metres	50 metres	40 metres	76cm	
U17							

Hurdle order: U15/17s – Height 76cm
U14s – Height 76cm
U13s – Height 68cm

Combined Age Groups of U12 & 13 Girls; U12 – U14 Boys proceed directly to start line for U12 100 metre race after other athletes completed hurdles.

OUR GOLD SPONSORS



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PROGRAM C SETUP

SHOT PUT

U6	500gm (PINK)	RING 1
U7	1kg (BLUE)	RING 2
U8	1.5kg (YELLOW)	RING 2
U11	2kg (ORANGE)	RING 3
U15G	3kg (WHITE)	RING 4
U15B	4kg (RED)	RING 4
U17G	3kg (WHITE)	RING 4
U17B	5kg (GREEN)	RING 4

DISCUS

U9	500gm	TOP CAGE
U10	500gm	BOTTOM CAGE

HIGH JUMP

U12 & 13G	LARGE MATS
U15 & U17	LARGE MATS

LONG JUMP & TRIPLE JUMP

U6	SHORT TRACK (LONG)
U11	RUNWAY 2 (LONG)
U12 – 14B	RUNWAY 1 (LONG)

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