# KINGS LANGLEY LITTLE ATHLETICS CENTRE



Incorporated in NSW ABN 81 099 043 371

#### www.kllac.org.au



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#### 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		U13 Hurdles	800m	High Jump	Javelin
	-	U12 100m (priority)			
U12, 13 & U14 Boys	1500m Walk	U13 & 14 Hurdles	Javelin	Long Jump	800m
	(U12 – 17)	U12 100m (priority)			
U14 Girls		Hurdles	High Jump	Javelin	800m
U15 & U17		Hurdles	High Jump	800m	Shot Put

#### **HURDLE NOTES:**

	Age Group	Race Distance	Flights	between	In	Out	Height
S U13	U13	200 metres	5	35 metres	20 metres	40 metres	68cm
URD	U14						
로 모	U15	200	7	35 metres	50 metres	40 matras	76cm
U17	300 metres	,	35 metres	50 metres	40 metres		

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.

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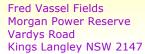


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#### **PROGRAM C SETUP**

#### **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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