

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
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PROGRAM A RUN SHEET (v. 2023.1)

Tiny Tots	200m Pack	Tiny Tots activities				
TRACK EVENTS TO BE MARSHALLED THROUGH NATALIE						
	6:15pm	FIRST EVENT	SECOND	THIRD	FOURTH	FIFTH
U6 Boys		200m (pack)	Discus 350 gm	70m	Vortex	
U6 Girls		200m (pack)	Vortex	Discus 350 gm	70m	
U7 Boys		Long jump	200m	Vortex	70m	
U7 Girls		Long jump	Vortex	200m	70m	
U8 Boys		60m Hurdles	200m	Long Jump	70m	
U8 Girls		60m Hurdles	200m	Long Jump	70m	
U9 Boys	700m Walk	60m Hurdles (waiting)	200m	70m	Long Jump	
U9 Girls		60m Hurdles (waiting)	200m	70m	Long Jump	
U10 Boys		60m Hurdles (waiting)	Long jump	200m	70m	
U10 Girls		60m Hurdles (waiting)	Long Jump	200m	70m	
U11 Boys		High Jump	200m	Jav 400gm	100m	1500m
U11 Girls		Jav 400gm	High Jump	200m	100m	1500m
U12, 13 & 14 Boys		High Jump	200m	100m	Discus 750gm Discus 1kg	1500m
U12 & 13 Girls		200m	Discus 750gm	100m	Long Jump	1500m
U14 Girls		Triple Jump	200m	Discus 1kg	100m	1500m
U15 & U17		Discus	200m	100m	Triple Jump	1500m

HURDLE NOTES:

	Age Group	Race Distance	Flights	between	In	Out	Height
HURDLES	U8	60 metres (Lane 1 marks)	6	7 metres	12 metres	13 metres	45cm
	U9						60cm
	U10						60cm

Hurdle run order:

Under 7 & 8 Boys – Step Hurdles (U7) & 45cm (U8)
Under 8 Girls – 45cm
U9 Boys/Girls – 45cm
U10 Boys/Girls – 60cm

OUR GOLD SPONSORS



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PROGRAM A SETUP

TRACK

	Age Group	Race Distance	Flights	between	In	Out	Height
HURDLES	U8	60 metres	6	7 metres	12 metres	13 metres	45cm
	U9						60cm
	U10						60cm

SHOT PUT

U7	1kg (BLUE)	RING 1
U10	2kg (ORANGE)	RING 2
U11B	2kg (ORANGE)	RING 3

DISCUS

U6	350gm	TOP CAGE
U12	750gm	BOTTOM CAGE
U13	750gm	BOTTOM CAGE
U14	1kg	BOTTOM CAGE
U15	1kg	BOTTOM CAGE
U17G	1kg	BOTTOM CAGE
U17B	1.5kg	BOTTOM CAGE

HIGH JUMP

U11	LARGE MATS
U12 – 14B	LARGE MATS

LONG JUMP & TRIPLE JUMP

U8	SHORT TRACK (LONG)
U9	SHORT TRACK (LONG)
U10B	RUNWAY 1 (LONG)
U10G	SHORT TRACK (LONG)
U12 – 13G	RUNWAY 1 (LONG)
U14G	RUNWAY 2 (TRIPLE)
U15 – 17	RUNWAY 2 (TRIPLE)

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