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 B RUN SHEET (v2023.1)

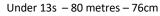
| Tiny Tots | Long Jump | Tiny Tots activities | | | | |
|-----------------|-----------------|---|-----------------|--------------|----------------------------|---------------------------|
| | | TRACK EVENTS TO BE MARSHALLED THROUGH NATALIE | | | | |
| | 6:15pm | FIRST EVENT | SECOND | THIRD | FOURTH | FIFTH |
| U 6 Boys | | Long Jump | Step Hurdles | 50m | Shot Put | Game |
| U6 Girls | | Long Jump | Step Hurdles | 50m | Shot Put | Game |
| U7 Boys | | Discus (Bottom) | Step Hurdles | 50m | 100m | Game |
| U7 Girls | | Discus (Top) | Step Hurdles | 50m | 100m | Game |
| U8 Boys | | 400m (Pack) | Discus (Bottom) | 100m | High Jump (Skills) | |
| U8 Girls | | High Jump (Skills) | 100m | Discus (top) | 400m (pack) | |
| U9 Boys | | Shot Put | 100m | High Jump | 400m | |
| U9 Girls | | High Jump | Shot Put | 400m | 100m | |
| U10 Boys | | 400m | High Jump | Shot Put | 100m | |
| U10 Girls | 1100m Walk | 400m | High Jump | Shot Put | 100m | |
| U11 Boys | | 80m Hurdles | Discus (top) | Triple Jump | 400m | 100m |
| U11 Girls | | 80m Hurdles | Triple Jump | 400m | Discus | 100m |
| U12 & U13 Girls | Hurdle assist > | 80m Hurdles | Triple Jump | 400m | Shot Put 2kg 12; 3kg 13 | 100m (U12) 3000m (U13) |
| U12, 13 & 14 | Hurdle assist > | 80m/90m | Shot Put | 400m | Triple Jump | 100m (U12) |
| Boys | | Hurdles | 2kg 12; 3kg 13+ | | | 3000m (U13+) |
| U14 Girls | Hurdle assist > | 80m Hurdles | Shot Put | Long Jump | 400m | 3000m |
| U15 & U17 | Hurdle assist > | 100m Hurdles | Javelin | 400m | Long Jump | 3000m |

HURDLE NOTES:

| | • | | | | | | |
|---------|-----------|----------------|---------|-------------|--------------|--------------|--------|
| | Age Group | Race Distance | Flights | between | In | Out | Height |
| | U6 | | C | 7 | 12 metres | 12 montanon | step |
| | U7 | 60 metres | 6 | 7 metres | 12 metres | 13 metres | Step |
| | U11 | | | | | | 60cm |
| | U12 | 80 metres | 9 | 7 metres | 12 metres | 12 | 68cm |
| HURDLES | U13 | (Lane 2 marks) | 9 | 7 metres | 12 metres | 12 metres | |
| | U14 G | | | | | | |
| | U14 B | 90 metres | 9 | 8 metres | 13 metres | 13 metres | |
| | 15 G | (Lane 3 marks) | | | | | 76cm |
| | U15 B | 100 metres | 10 | 8.5 metres | 13 metres | 10.5 metres | 76011 |
| | U17 G | (Lane 4 marks) | | | | | |
| | U17 B | 100 metres | 9 | 9.14 metres | 13.72 metres | 13.16 metres | |
| | | (Lane 5 marks) | | | | | |

Order of hurdle events:

Under 17 Boys – 100 metres - one less flight, different configuration – 76cm Under 17 Girls – 100 metres – 76cm Under 15 Boys – 100 metres – extra flight – 76cm Under 15 Girls – 90 metres – 76cm Under 14 Boys – 90 metres – 76cm Under 14 Girls – 80 metres – 76cm



- Under 12s 80 metres 68cm
- Under 11s 80 metres 60cm

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ZACH EADIE

Under 6 & 7 – 60 metre step hurdles on outside lanes or step hurdles

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WASTEWATER & ENVIRONMENTAL HEALTH CONSULTANTS

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PROGRAM B SETUP

SHOT PUT

| U6 | 500gm (PINK) | RING 1 & 2 |
|------|--------------|------------|
| U9 | 2kg (ORANGE) | RING 2 |
| U10G | 2kg (ORANGE) | RING 1 |
| U10B | 2kg (ORANGE) | RING 2 |
| U11G | 2kg (ORANGE) | RING 2 |
| U12 | 2kg (ORANGE) | RING 3 |
| U13 | 3kg (WHITE) | RING 3 |
| U14 | 3kg (WHITE) | RING 3 |
| | | |
| | | |

DISCUS

| U7B | 350gm | TOP CAGE |
|------|-------|-------------|
| U7G | 350gm | BOTTOM CAGE |
| U8G | 500gm | TOP CAGE |
| U8B | 500gm | BOTTOM CAGE |
| U11G | 500gm | TOP CAGE |
| U11B | 500gm | BOTTOM CAGE |
| | | |

HIGH JUMP

| U8 | SCISSOR MATS (SKILLS) |
|-----|-----------------------|
| U9 | SCISSOR MATS |
| U10 | SCISSOR MATS |

LONG JUMP & TRIPLE JUMP

| U6 | SHORT TRACK (LONG) |
|-----------|--------------------|
| U11 | RUNWAY 1 (TRIPLE) |
| U12 – 14B | RUNWAY 2 (TRIPLE) |
| U12 & 13G | RUNWAY 1 (TRIPLE) |
| U14G | RUNWAY 2 (LONG) |
| U15 – 17 | RUNWAY 2 (LONG) |

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