

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

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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	1100m Walk	400m	High Jump	Shot Put	100m	
U10 Girls		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 Boys	Hurdle assist >	80m/90m Hurdles	Shot Put 2kg 12; 3kg 13+	400m	Triple Jump	100m (U12) 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
HURDLES	U6	60 metres	6	7 metres	12 metres	13 metres	step
	U7						Step
	U11	80 metres (Lane 2 marks)	9	7 metres	12 metres	12 metres	60cm
	U12						68cm
	U13						
	U14 G	90 metres (Lane 3 marks)	9	8 metres	13 metres	13 metres	76cm
	U14 B						
	15 G	100 metres (Lane 4 marks)	10	8.5 metres	13 metres	10.5 metres	
	U15 B						
U17 G	100 metres (Lane 5 marks)	9	9.14 metres	13.72 metres	13.16 metres		
U17 B							

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 13s – 80 metres – 76cm
 Under 12s – 80 metres – 68cm
 Under 11s – 80 metres – 60cm
 Under 6 & 7 – 60 metre step hurdles on outside lanes or step hurdles

OUR GOLD SPONSORS



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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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