

HDLAC Septathlon Program

Version 1.1

	Tots	U6	U7	U8	U9	U10	U11	U12	U13G	U14-U17
6:30	Set Up by Rostered parents - no middle distance competition Athletes Warm up by Centre Captains									
7:50										
8:00 to 8:30	LJ	SP (G)	500	60H	DISC	800	SP	HJ	JAV (G) / DISC (B)	100
8:30 to 9:00	Directed Activities	300	DISC (G)	LJ	60H	DISC	100	SP	800	LJ
9:00 to 9:30		LJ	100	100	SP	60H	LJ	800	SP	JAV
9:30 to 10:00		100	SP (G)	SP	800	HJ	80H	DISC	100	800
10:00 to 10:30		50 (optional)	70	700	LJ	100	800	80H	LJ	DISC
10:30 to 11:00		Novelty events <i>Tots Area</i>	LJ	DISC (G)	200	SP	HJ	LJ	80H	SP
11:00 to 11:30			200 (optional)	200	100	LJ	DISC	100	JAV (B) / DISC (G)	HURDLES

LEGEND: U6 are required to compete in the 4 specified events to qualify for a Septathlon award. U7 are required to compete in 6 events to qualify for a Septathlon award. U8-U17 must compete in 7 specified events to qualify for a Septathlon award but counting only the best 6 performances from the 7 events. This competition is for athletes registered with HDLAC only. Trialists and Visitors from other Clubs may compete but are not eligible for a Septathlon award. In the event of wet weather, a normal program will run.