



NDLAC Pentathlon & Photos

Season 2026/27



Small Group Day - Priority to be given to the smaller of the groups.

8:15-8:30 sign-on & warm-up | Read your own row from left to right

Tots	Photos	150m				
6 Girls	① 300m	② 70m	Photos	③ Long Jump	④ Shot Put	⑤ 100m 🐼
6 Boys	Photos	① 70m	② Shot Put (2 circles)	③ Long Jump (2 pits)	④ 100m	⑤ 300m
7 Girls	① 100m	② 500m	Photos	③ Long Jump	④ Shot Put	⑤ 70m
7 Boys	① Long Jump	② 500m	✳️ Photos	③ 100m	④ Shot Put	⑤ 70m
8 Girls	① Shot Put	Photos	② 100m	③ 200m	④ Long Jump	⑤ 700m
8 Boys	Photos	① 200m	② 100m	③ Shot Put	④ Long Jump	⑤ 700m
9 Girls	① Shot Put	Photos	② 200m	③ Long Jump	④ 100m 🐼	⑤ 800m
9 Boys	① 200m	Photos	② Shot Put (2 circles)	③ 100m	④ Long Jump (2 pits)	⑤ 800m
10 Girls	Photos	① 200m	② Shot Put	③ 100m	④ 800m	⑤ Long Jump
10 Boys	✳️ Photos	① 200m	② Shot Put (2 circles)	③ 100m	④ Long Jump (2 pits)	⑤ 800m
11 Girls	Photos	① Shot Put (2 circles)	② 100m	③ 400m	④ Long Jump (2 pits)	⑤ 1500m
11 Boys	Photos	① 100m	② 1500m	③ Shot Put	④ 400m	⑤ Long Jump
12 Girls	Photos	① Shot Put	② 400m 🐼	③ Long Jump	④ 100m	⑤ 1500m
12 Boys	Photos	① 100m	② 1500m	③ Shot Put	④ 400m	⑤ Long Jump
13 Girls	① Long Jump (2 pits)	Photos	② 100m	③ 1500m	④ Shot Put (2 circles)	⑤ 400m
13 Boys	① Long Jump	Photos	② 1500m	③ Shot Put	④ 400m	⑤ 100m 🐼
14 Girls	① Shot Put	Photos	② 100m	③ 400m	④ Long Jump	⑤ 1500m
14 Boys	① 100m	② 1500m	③ Shot Put	④ 400m	Photos	⑤ Long Jump
15-20 Girls	① Shot Put	✳️ Photos	② 400m	③ Long Jump	④ 100m	⑤ 1500m
15 Boys	Photos	① 100m	② 1500m	③ Shot Put	④ 400m	⑤ Long Jump
16-20 Boys	Photos	① 100m	② 1500m	③ Shot Put	④ 400m 🐼	⑤ Long Jump