

NDLAC Program 1- Saturday 19th September

For 9,10,11 groups: please split in to colours by random selection to form Blue and White groups where sufficient age manager coverage available.

ATHLETE GROUP			ORDER OF EVENTS & APPROX START TIME GUIDANCE														
Age	Sex	Group	8:30	8:40	8:50	9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30	10:40	10:50
Tots	Mixed			50													
6	Girls		300	Discus	Discus	100	50										
	Boys		300	Discus	Discus	100	50										
7	Girls		Shot	Shot	50	500	Vortex	Vortex	100								
	Boys		50	Vortex	Vortex	500	Shot	Shot	100								
8	Girls		60H	Shot	Shot	200	Discus	Discus	Discus	700							
	Boys		60H	Shot	Shot	200	Discus	Discus	Discus	700							
9	Girls	Blue	60H	Discus	Discus	Coaching	Coaching	Coaching	Long	Long	Long	200	100				
		White		60H		Coaching	Coaching	Coaching	200	Discus	Discus	100		Long	Long	Long	
	Boys	Blue		60H		Coaching	Coaching	Coaching	100		Discus	Discus	200	Long	Long	Long	
		White	60H	200		Coaching	Coaching	Coaching	Discus	Discus	Long	Long	Long	100			
10	Girls	Blue	Coaching	Coaching	Coaching	60H	Shot	Shot	200	Scissors	Scissors	Scissors	100				
		White	Coaching	Coaching	Coaching	60H	Scissors	Scissors	Scissors	200	Shot	Shot	100				
	Boys	Blue	Coaching	Coaching	Coaching	60H	Shot	Shot	100	Scissors	Scissors	Scissors	200				
		White	Coaching	Coaching	Coaching	60H	Scissors	Scissors	Scissors	200	Shot	Shot	100				
11	Girls	Blue	Long	Long	Long		800	80H	Shot	Shot	200	Coaching	Coaching	Coaching			
		White	Long	Long	Long		800	80H	Shot	Shot	200	Coaching	Coaching	Coaching			
	Boys	Blue	Long	Long	Long	200		80H	Shot	Shot	800	Coaching	Coaching	Coaching			
		White		200	Shot	Shot		80H			800	Coaching	Coaching	Coaching	Long	Long	Long
12	Girls		200	800		Long	Long	Long	80H	Discus	Discus	Discus					
	Boys		200		800	Discus	Discus	Discus	80H	Long	Long	Long	Long				
13	Girls		200	High	High	High	High	800	Coaching	Coaching	Coaching	80H	Long	Long	Long	Long	
	Boys		Long	Long	Long	Long	800	200	Coaching	Coaching	Coaching	80H	High	High	High	High	
14	Girls			200			Long	Long	Long	Long	800	80H	High	High	High	High	
	Boys		200	High	High	High	High	800	Long	Long	Long	Long		90H			
15-20	Girls	Combined		200		Long	Long	Long	High	High	High	800		90/100H	90/100H		
	Boys	Combined	200		800				High	High	High	Long	Long	Long	100/110H	100/110H	