

NDLAC Program 1

Boys Day

(boys age groups arriving at an event at the same time as their age-group counterparts get priority)

ATHLETE GROUP			EARLY EVENTS				ORDER OF EVENTS & APPROX START TIME GUIDANCE																
Age	Sex	Group	7:30	7:45	8:00	8:15	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		100	Discus	Discus	Vortex	Vortex	50									
6	Boys						300	Vortex	Vortex	50			100	Discus	Discus								
7	Girls						Shot	Shot	100	Vortex	Vortex	50	500										
7	Boys						50		500		Shot	Shot	100	Vortex	Vortex								
8	Girls						60H	Shot	Shot		Discus	Discus	Discus	700	200								
8	Boys						60H			200	Discus	Discus	Discus	700	Shot	Shot							
9	Girls	Blue					60H		200	Coaching	Coaching	Coaching	Discus	Discus			100		Long	Long	Long		
9	Girls	White						60H		Coaching	Coaching	Coaching	200	Discus	Discus	100	Long	Long	Long				
9	Boys	Blue						60H	200	Coaching	Coaching	Coaching	100	Long	Long	Long	Discus	Discus					
9	Boys	White					60H	Discus	Discus	Coaching	Coaching	Coaching	Long	Long	Long		100	200					
10	Girls	Blue					Coaching	Coaching	Coaching	60H	Shot	Shot		200	Scissors	Scissors	Scissors		100				
10	Girls	White					Coaching	Coaching	Coaching	60H		Shot	Shot	Scissors	Scissors	Scissors	100	200					
10	Boys	Blue					Coaching	Coaching	Coaching	60H	Scissors	Scissors	Scissors	Shot	Shot	200	100						
10	Boys	White					Coaching	Coaching	Coaching	60H	200	Scissors	Scissors	Scissors		Shot	Shot	100					
11	Girls	Blue		Javelin	Javelin		Long	Long	Long		800	80H	Shot	Shot	200	Coaching	Coaching	Coaching					
11	Girls	White		Javelin	Javelin		Long	Long	Long	Shot	Shot	80H		200		Coaching	Coaching	Coaching	800				
11	Boys	Blue		Javelin	Javelin			200	Shot	Shot		80H			800	Coaching	Coaching	Coaching	Long	Long	Long		
11	Boys	White		Javelin	Javelin		Long	Long	Long		200	80H	Shot	Shot	800	Coaching	Coaching	Coaching					
12	Girls			Javelin	Javelin		Discus	Discus	Discus	800			80H			Long	Long	Long	200				
12	Boys			Javelin	Javelin		Discus	Discus	Discus	800			80H	Long	Long	Long	Long			200			
13	Girls		3000m	Discus	Discus		High	High	High	High	800		Coaching	Coaching	Coaching	80H	200	Long	Long	Long	Long		
13	Boys		3000m	Discus	Discus		Long	Long	Long	Long	800	200	Coaching	Coaching	Coaching	90H	High	High	High	High			
14	Girls		3000m	Discus	Discus			200		Long	Long	Long	Long		800	90H	High	High	High	High			
14	Boys		3000m	Discus	Discus		High	High	High	High	800	Long	Long	Long	Long	200		100H					
15-20	Girls	Combined	3000m	Discus	Discus		200			Long	Long	Long	High	High	High	800		90/100H	90/100H				
15	Boys		3000m	Discus	Discus		200	800		Long	Long	Long	High	High	High				100H				
16-20	Boys	Combined	3000m	Discus	Discus		200	800		Long	Long	Long	High	High	High				100/110H	100/110H			
Masters	Mixed		3000m																				

Age Managers of 9's, 10's, 11s.... if you can split your groups please do, but if unable to please follow the BLUE version of your age group.

Age Managers: Help will be on hand on Saturday to connect you to the results capture App for Field Results. If you need to manually record to paper, please ensure paperwork is provided to Jennifer Brookes at end of the day.

Repeated race cells are ONE attendance window. Heat draws must match the runner counts and slower-heat allowances on the starter sheet; higher turnout needs a recheck.