



NDLAC Program 3

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						50		Discus	Discus	100		300	Vortex	Vortex							
6	Boys						50	Vortex	Vortex	300	Discus	Discus	100									
7	Girls						Shot	Shot	500	100		Vortex	Vortex	50								
7	Boys						50		500	Vortex	Vortex	100	Shot	Shot								
8	Girls							200	Shot	Shot		700	Discus	Discus	Discus	60H						
8	Boys							700	Shot	Shot		200	Discus	Discus	Discus	60H						
9	Girls	Blue					200			Discus	Discus	100	Coaching	Coaching	Coaching	60H	Long	Long	Long			
9	Girls	White					Discus	Discus	100	Long	Long	Long	Coaching	Coaching	Coaching	60H		200				
9	Boys	Blue					Discus	Discus	100	Long	Long	Long	Coaching	Coaching	Coaching	60H	200					
9	Boys	White					Discus	Discus	100	200			Coaching	Coaching	Coaching	60H		Long	Long	Long		
10	Girls	Blue					Shot	Shot	200	Coaching	Coaching	Coaching	100	60H	Scissors	Scissors	Scissors					
10	Girls	White					Shot	Shot	100	Coaching	Coaching	Coaching	200	60H	Scissors	Scissors	Scissors					
10	Boys	Blue					Scissors	Scissors	Scissors	Coaching	Coaching	Coaching	200	60H	Shot	Shot	100					
10	Boys	White					Scissors	Scissors	Scissors	Coaching	Coaching	Coaching	100	60H	Shot	Shot	200					
11	Girls	Blue		Javelin	Javelin		Long	Long	Long	200	Shot	Shot	80H	800		Coaching	Coaching	Coaching				
11	Girls	White		Javelin	Javelin		800		Shot	Shot			80H		200	Coaching	Coaching	Coaching	Long	Long	Long	
11	Boys	Blue		Javelin	Javelin		Long	Long	Long		Shot	Shot	80H	800		Coaching	Coaching	Coaching	200			
11	Boys	White		Javelin	Javelin		Long	Long	Long		Shot	Shot	80H	800		Coaching	Coaching	Coaching	200			
12	Girls			Javelin	Javelin		800		Discus	Discus	Discus	80H		200	Long	Long	Long					
12	Boys			Javelin	Javelin		Long	Long	Long	Long	800	80H	Discus	Discus	Discus	200						
13	Girls		3000m	Discus	Discus		Coaching	Coaching	Coaching	80H	800		Long	Long	Long	Long	High	High	High	High	200	
13	Boys		3000m	Discus	Discus		Coaching	Coaching	Coaching	90H	200		High	High	High	High	800	Long	Long	Long	Long	
14	Girls		3000m	Discus	Discus			200		90H	Long	Long	Long	Long	800			High	High	High	High	
14	Boys		3000m	Discus	Discus		200		100H	Long	Long	Long	Long	High	High	High	High	800				
15-20	Girls	Combined	3000m	Discus	Discus		800	100/90H	100/90H	High	High	High			200	Long	Long	Long				
15	Boys		3000m	Discus	Discus			100H	200	High	High	High	Long	Long	Long	800						
16-20	Boys	Combined	3000m	Discus	Discus		110/100H	110/100H	200	High	High	High	Long	Long	Long	800						
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.