

NDLAC Program 4

Girls Day

(girls age groups arriving at event at same time as the 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							Long	Long	Long	150											
6	Girls						70	Shot	Shot	Coaching	Coaching	Coaching	Vortex	Vortex			200		Long	Long	Long	
	Boys						Vortex	Vortex	70	Coaching	Coaching	Coaching	Shot	Shot			200		Long	Long	Long	
7	Girls						Long	Long	Long		70	200	Coaching	Coaching	Coaching	Discus	Discus					
	Boys							70	Discus	Discus	Discus	200	Coaching	Coaching	Coaching			Long	Long	Long	Long	
8	Girls						Coaching	Coaching	Coaching	400PS	100				Long	Long	Long	Long	70			
	Boys						Coaching	Coaching	Coaching	400PS	100				Long	Long	Long	Long	70			
9	Girls	Blue	Walk				70	Shot	Shot	400	Scissors	Scissors	Scissors	800								
		White	Walk				Scissors	Scissors	Scissors	400	Shot	Shot	800	70								
	Boys	Blue	Walk				70	Shot	Shot	400	Scissors	Scissors	Scissors	800								
		White	Walk				70	Scissors	Scissors	Scissors	400	Shot	800									
10	Girls	Blue	Walk				Long	Long	Long	400	70	Discus	Discus	800								
		White	Walk				Long	Long	Long	400	Discus	Discus	800	70								
	Boys	Blue	Walk				Discus	Discus		400	70				Long	Long	Long	800				
		White	Walk				800				Discus	Discus	70		Long	Long	Long	400				
11	Girls	Blue	Walk	Triple	Triple		Discus	Discus	1500	100	High	High	High	400								
		White	Walk	Triple	Triple		100	1500	Discus	Discus			400	High	High	High						
	Boys	Blue	Walk	Triple	Triple		100	1500	Discus	Discus	400			High	High	High						
		White	Walk	Triple	Triple		Discus	Discus	1500	100	High	High	High	400								
12	Girls		Walk	Triple	Triple		High	High	High	High	400	Shot	Shot	Shot	100	Coaching	Coaching	Coaching	1500			
	Boys		Walk	Triple	Triple		High	High	High	High	400	100	Shot	Shot	1500	Coaching	Coaching	Coaching				
13	Girls		Walk	Javelin	Javelin		100	200m H (76cm)	200m H (76cm)		Triple	Triple	Triple	Triple	400	Shot	Shot		1500			
	Boys		Walk	Javelin	Javelin		100	200m H (76cm)	200m H (76cm)		Triple	Triple	Triple	Triple		400		Shot	Shot	Shot	1500	
14	Girls		Walk	Javelin	Javelin		300m H (76cm)	300m H (76cm)	300m H (76cm)		Triple	Triple	Triple	Triple	400	Shot	Shot	100	1500			
	Boys		Walk	Javelin	Javelin		300m H (76cm)	300m H (76cm)	300m H (76cm)		Triple	Triple	Triple	Triple	400	100		Shot	Shot	1500		
15-20	Girls	Combined	Walk	Javelin	Javelin		300m H (76cm)*	300m H (76cm)*	300m H (76cm)*		Triple	Triple	Triple	Triple	100	400		Shot	Shot	1500		
15	Boys		Walk	Javelin	Javelin		300m H (76cm)	300m H (76cm)	300m H (76cm)		Triple	Triple	Triple	Triple	400	Shot	Shot	100	1500			
16-20	Boys	Combined	Walk	Javelin	Javelin		300m H (76cm)*	300m H (76cm)*	300m H (76cm)*		Triple	Triple	Triple	Triple	400	Shot	Shot	100	1500			
Masters	Mixed		Walk																			

* If 16+ athletes wish to do 400mH they must be prepared to arrive and set these up prior to 8:30am, otherwise 300mH will be run

50m/70m races to be run on straight track closest to canteen unless advised otherwise

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