



NDLAC Program 4

Girls Day

(girls 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	11:00	11:10	11:20	11:30	
Tots	Mixed							Long	Long	Long		150														
6	Girls						70	Shot	Shot	200			Coaching	Coaching	Coaching			Long	Long	Long						
6	Boys						70			200			Shot	Shot		Coaching	Coaching	Coaching	Long	Long	Long					
7	Girls						Coaching	Coaching	Coaching	70	200		Discus	Discus	Long	Long	Long									
7	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							
8	Boys						400PS			Coaching	Coaching	Coaching	100		Long	Long	Long	Long	70							
9	Girls	Blue	Walk				70	Shot	Shot			400	400	Scissors	Scissors	Scissors	800									
9	Girls	White	Walk				Scissors	Scissors	Scissors			400	400	70	Shot	Shot	800									
9	Boys	Blue	Walk				70			Scissors	Scissors	Scissors	400	400	Shot	Shot	800									
9	Boys	White	Walk				70	Scissors	Scissors	Scissors	800	Shot	400	400												
10	Girls	Blue	Walk				70			Discus	Discus			400	Long	Long	Long	800								
10	Girls	White	Walk				Long	Long	Long	70	800	Discus	Discus	400	400											
10	Boys	Blue	Walk				Long	Long	Long	70	800	Discus	Discus		400	400										
10	Boys	White	Walk				Long	Long	Long		800		70	Discus	Discus	400										
11	Girls	Blue	Walk	Triple	Triple		Discus	Discus	1500	100	High	High	High			400	400									
11	Girls	White	Walk	Triple	Triple		100	High	High	High			1500	Discus	Discus	400	400									
11	Boys	Blue	Walk	Triple	Triple		100	1500		Discus	Discus			High	High	High	400	400								
11	Boys	White	Walk	Triple	Triple		Discus	Discus	1500		High	High	High	100			400	400								
12	Girls		Walk	Triple	Triple		High	High	High	High	Shot	Shot	Shot	1500	100	Coaching	Coaching	Coaching	400	400						
12	Boys		Walk	Triple	Triple		Shot	Shot	100	Coaching	Coaching	Coaching	1500	High	High	High	High	400	400							
13	Girls		Walk	Javelin	Javelin		100		200m H (76cm)		Triple	Triple	Triple	Triple		1500	Shot	Shot		400	400					
13	Boys		Walk	Javelin	Javelin		100		200m H (76cm)	200m H (76cm)	Triple	Triple	Triple	Triple		1500		Shot	Shot	Shot	400	400				
14	Girls		Walk	Javelin	Javelin		300m H (76cm)		1500		Triple	Triple	Triple	Triple		Shot	Shot	100		400						
14	Boys		Walk	Javelin	Javelin		300m H (76cm)		1500		Triple	Triple	Triple	Triple			100			Shot	Shot		400			
15-20	Girls	Combined	Walk	Javelin	Javelin		100	300m H (76cm)*			Triple	Triple	Triple	Triple		1500		Shot	Shot			400	400			
15	Boys		Walk	Javelin	Javelin		100	300m H (76cm)			Triple	Triple	Triple	Triple		1500			Shot	Shot			400	400		
16-20	Boys	Combined	Walk	Javelin	Javelin		100	300m H (76cm)*			Triple	Triple	Triple	Triple		1500			Shot	Shot			400	400		
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. The starter must recheck any 400mH option against the 11:40 deadline.

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

400m: 9 Girls, 9 Boys, 11 Girls and 11 Boys combine Blue/White athletes for their heats only; all other colour-group itineraries remain separate.

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.