

# BLAC Master Program Track & Field 2020 – 2021 Program 1

EVENT	High 1	High 2	High 3	High 4	Long 1	Long 2	Long 3	Long 4	Trip 1	Trip 2	Disc 1	Disc 2	Disc 3	Shot 1	Shot 2	Shot 3	Vortex	T Jav	Jav	Hurdles 60m	Hurdles 80m	Hurdles 90m	Hurdles 100m	50m	100m	300m	500m	700m	800m
LOCATION	F9	F10	F11	F12	F5	F4	F20	F21	F7	F6	F1	F2	F3	F13	F14	F15	F8a	F8b	F17	T5	T3	T2	T1	T6	T1	T8	T1	T8	T7
Under 6 Girls																9:30 1kg								8:45	10:22	9:25			
Under 6 Boys																	9:40 130g							8:49	10:25	9:30			
Under 7 Girls													9:50 350g											8:51	10:27		9:35		
Under 7 Boys																10:00 1kg								8:54	10:30		9:40		
Under 8 Girls			9:20 Scissor															10:40			8:57 45cm				10:33			9:55	
Under 8 Boys			10:40 Scissor									9:20 500g									8:59 45cm				10:35			9:50	
Under 9 Girls							10:10 0.5m							9:25 2kg											9:03 45cm		FIFO		10:00
Under 9 Boys								10:20 0.5m											9:30						9:07 45cm		FIFO		10:10
Under 10 Girls				9:40 Scissor								10:30 500g													9:14 60cm		FIFO		10:15
Under 10 Boys					9:40 0.5m										8:45 2kg										9:18 60cm		FIFO		10:20
Under 11 Girls										10:45										9:40 400g					9:35 60cm		10:38		8:45
Under 11 Boys		10:15										8:45 500g													9:39 60cm		FIFO		10:05
Under 12 Girls								8:45							9:50 2kg										9:43 68cm		FIFO		10:30
Under 12 Boys									9:55										8:45 400g						9:47 68cm		FIFO		10:25
Under 13 Girls	10:15										9:20 750g														9:59 76cm		FIFO		8:55
Under 13 Boys										9:25				10:25 3kg											9:56 76cm		FIFO		9:05
Under 14 Girls									9:20											11:05 400g					9:53 76cm		10:40		8:50
Under 14 Boys	9:25										10:25 1kg													10:09 76cm		FIFO			9:10
Under 15/16 Girls										9:20										10:30 500g					10:13 76cm		FIFO		9:00
Under 15/16 Boys							9:25								10:25 4kg										10:18 76cm		FIFO		9:15

\* **FIFO - First in First Off**

Long/Triple pits moved to minimise traffic

Long jump running on back pits

If U15/u16 boys finish long jump early move u10 boys to F20