SLLAC Guideline Program 2018-19

	1									
Under	6	7	8	9	10	11	12	13	14	15
Hurdles 60 - 100m										
Hurdles 200 / 300m										
70m	X	X	X	X	X	X	X	X	X	X
100m										
150m										
200m	X	X	X	X	X	X	X	X	X	X
400m										
800m				X	X	X	X	X	X	X
1500m										
700m Walk										
1100m Walk										
1500m Walk										
Shot Put		X		X		X				
Discus			X		X		X			
Javelin								X	X	X
Turbo Jav										
Vortex	X									
High Jump			X		X			X		
Long Jump	X	X		X		X	X			
Triple Jump									X	X
ASAP										
Additional Events										

	2									
Under	6	7	8	9	10	11	12	13	14	15
Hurdles 60 - 100m										
Hurdles 200 / 300m										
70m										
100m	X	X	X	X	X	X	X	X	X	X
150m	X	X								
200m										
400m			X	X	X	X	X	X	X	X
800m										
1500m										
700m Walk				X						
1100m Walk					X	X				
1500m Walk							X	X	X	X
Shot Put			X		X			X		
Discus	X			X					X	X
Javelin						X	X			
Turbo Jav										
Vortex		X								
High Jump						X			X	X
Long Jump								X		
Triple Jump							X			
ASAP										
Additional Events	X	X	X	X	X					

	3									
Under	6	7	8	9	10	11	12	13	14	15
Hurdles 60 - 100m	X	X	X	X	X	X	X	X	X	X
Hurdles 200 / 300m								X	X	X
70m										
100m	X	X	X	X	X	X	X	X	X	X
150m										
200m										
400m										
800m										
1500m						X	X	X	X	X
700m Walk										
1100m Walk										
1500m Walk										
Shot Put	X						X		X	X
Discus		X				X		X		
Javelin										
Turbo Jav			X	X	X					
Vortex										
High Jump				X			X			
Long Jump		X	X		X				X	X
Triple Jump						X		X		
ASAP	X									
Additional Events										

Notes While every effort will be made to adhere to this schedule, SLLAC advises that changes may occur without prior notice.

Additional Events: U6, U7, U8's U9's & U10's in program 2 will do an extra field event in place of Triple Jump throughout the season (except the throw they have on this program).

Program 2 Additional events for under 6, 7, 8, 9 & 10's

Date	U6	U7	U8	U9	U10
6-Oct	Long Jump	Shot Put	Long Jump	Turbo	Long Jump
19-Oct	Shot Put	Long Jump	Discus	Long Jump	Turbo
10-Nov	70m	70m	70m	70m	70m
8-Dec	Vortex	Discus	Turbo	Shot Put	Turbo
5-Jan	Shot Put	Long Jump	Discus	Long Jump	Discus
24-Jan	Relay	Relay	Relay	Relay	Relay

SOUTHLaunceston Little Athletics Centre

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