

WARRADALE LAC ~ 2023/24 CLUB CHAMPIONSHIPS PROGRAM SUNDAY 10TH MARCH 2024

❖ **FRIDAY NIGHT – 8TH MARCH ~ 6:00PM - JAVELIN & 6:30PM – ALL 800M RUNS and then follow program.**

1. U11 - 17 G&B - JAVELIN
2. U9 – 17 G&B - 800M RUNS
3. U9 & 10 G - WALKS (700M , 1100M)
4. U9G - HIGH JUMP – SCISSORS

SUNDAY - FIRST CALL 8:45AM FOR 9:00AM START

***All events are straight FINALS**

SESSION 1 – TRACK

1. TINY TOTS 50M
2. TINY TOTS LONG JUMP
3. U6 G&B 50M
4. U7 B 50M
5. U8 G&B 60MH
6. U9 G&B 60M H
7. U12 G&B 80MH

SESSION 2 - FIELD

1. U11-17 G&B LONG JUMP
2. U6 & 7 G&B SHOT PUT 1
3. U8 -10 G&B SHOT PUT 2

SESSION 3 - TRACK

1. TINY TOTS 100m
2. TINY TOTS SHOT PUT 1
3. U6 G&B 100M
4. U7 G&B 100M
5. U8 G 100M
6. U9 G 100M
7. U10 B 100M
8. U12 G&B 100M
9. U13 -17 G 100M

SESSION 4 – FIELD

1. U7 G&B DISCUS 2
2. U8 - 10 G&B DISCUS 1
3. U11- 17 G&B TRIPLE JUMP

SESSION 5 - TRACK

1. U7 B 200M
2. U8 G&B 200M
3. U9 G 200M
4. U10 G&B 200M
5. U12 G 200M
6. U14 G 200M

SESSION 6 – FIELD

1. U6 & 7 G&B LONG JUMP
2. U11-17 G&B SHOT PUT 1

SESSION 7 - TRACK

1. U7 G 70M
2. U8 G 70M
3. U10 G 70M
4. U8 G&B 400MPS
5. U9 G 400M
6. U10 G&B 400M
7. U12 G 400M
8. U13 G 400M

SESSION 8 – FIELD

1. U11 -13 G&B DISCUS 1
2. U8 -10 G&B LONG JUMP

❖ **FRIDAY NIGHT – 15TH MARCH ~ 6:00PM - TURBO JAV & THEN 6:30PM follow program.**

1. U 9 & 10 G&B - TURBO JAV
2. U7 – 17 G&B - 500M, 700M, 1500M & 3000M RUNS
3. U13G - HIGH JUMP