

LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES INC.

2 Day Region Track & Field Program - Events by Day

2009

Girls Events

DAY	Under 8 Girls		Under 9 Girls		Under 10 Girls		Under 11 Girls		Under 12 Girls		Under 13 Girls		Under 14 Girls		Under 15 Girls		Under 17 Girls	
	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field
Saturday	60h	L/J	60h	H/J	1500m	DIS	1500m	H/J	1500m	L/J	1500m	H/J	1500m	S/P	1500m	DIS	1500m	DIS
	100m	DIS	100m	S/P	60h	L/J	60h	S/P	60h	DIS	200h	T/J	200h	L/J	200h	H/J	200h	H/J
	400m		400m		100m		100m	T/J	100m	T/J	100m	DIS	100m		100m	L/J	100m	L/J
				400m		400m		400m		400m		400m		400m		400m		400m
										3000m		3000m		3000m		3000m		3000m
Sunday	70m	S/P	70m	L/J	70m	H/J	Walk	DIS	Walk	H/J	Walk	S/P	Walk	DIS	Walk	S/P	Walk	S/P
	P/Start		Walk	DIS	Walk	S/P	200m	L/J	200m	S/P	80h	L/J	80h	H/J	90h	T/J	100h	T/J
	200m		800m		800m		800m		800m		200m	JAV	200m	JAV	200m	JAV	200m	JAV
			200m		200m						800m		800m	T/J	800m		800m	

Boys Events

DAY	Under 8 Boys		Under 9 Boys		Under 10 Boys		Under 11 Boys		Under 12 Boys		Under 13 Boys		Under 14 Boys		Under 15 Boys		Under 17 Boys	
	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field
Saturday	60h	S/P	60h	H/J	1500m	L/J	1500m	S/P	1500m	DIS	1500m	T/J	1500m	S/P	1500m	L/J	1500m	L/J
	100m	L/J	100m	S/P	60h	DIS	60h	T/J	60h	L/J	200h	DIS	200h	T/J	200h	H/J	200h	H/J
	400m		400m		100m		100m		100m		100m	JAV	100m	JAV	100m	S/P	100m	S/P
				400m		400m		400m		400m		400m		400m	JAV	400m	JAV	400m
											3000m		3000m		3000m		3000m	
Sunday	70m	DIS	70m	L/J	70m	H/J	Walk	L/J	Walk	H/J	Walk	S/P	Walk	L/J	Walk	T/J	Walk	T/J
	P/Start		Walk	DIS	Walk	S/P	200m	H/J	200m	S/P	80h	H/J	90h	H/J	100h	DIS	110h	DIS
	200m		800m		800m		800m	DIS	800m	T/J	200m	L/J	200m	DIS	200m		200m	
			200m		200m						800m		800m		800m		800m	