

Age Group	HDLAC PROGRAM 1					HDLAC PROGRAM 2					HDLAC PROGRAM 3					TLAA STATE INDIVIDUAL					TLAA MULTI EVENT & WALKS														
	6	7	8	9	10	6	7	8	9	10	6	7	8	9	10	6	7	8	9	10	6	7	8	9	10	6	7	8	9	10					
Sprint Hurdles											✓	✓	✓	✓	✓			①	①	①									✓	✓					
200m Hurdles																																			
70 Metres	✓	✓	✓	✓	✓																		①	①	①										
100 Metres						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓								①	①	①				✓	✓				✓	✓
150 Metres						✓	✓																												
200 Metres	✓	✓	✓	✓	✓																		②	②	②										
400 Metres																							②	②	②										
800 Metres				✓	✓																		①	①	①				✓	✓				✓	✓
1500 Metres																																			
700m Walk									✓																				✓						
1100m Walk									✓	✓																			✓	✓					
1500m Walk									✓	✓																			✓	✓				✓	✓
4x100m Relay																																			
4x200m Relay																																			
Throw Medley																																			
Field Event	6	7	8	9	10	6	7	8	9	10	6	7	8	9	10	6	7	8	9	10	6	7	8	9	10	6	7	8	9	10					
Discus	✓		✓		✓				✓					✓					②	②			①	①	②				✓	✓				✓	✓
Shotput					✓	✓	✓		✓		✓			✓					②	②			①	①	②										
Javelin/Vortex		✓		✓						✓				✓					①	①			②	②	①										
Long Jump		✓			✓	✓	✓			✓				✓					①	①			②	②	①				✓	✓				✓	✓
Triple Jump				✓	✓				✓					✓					②	②			①	①	②										
High Jump/asap	✓		✓		✓				✓	✓				✓	✓				①	①			②	②	①				long	long					
Total Events	10	10	11	13	13	Registration					TLAA Championship Costs					HDLAC Costs																			
Green Award	7	7	8	9	10	No. Children	1	2	3	4+	Multi-Event	10	State Ind Event	6	HD Polo Top	25	HD Badge	5																	
Blue Award	6	6	7	8	9	TLAA Costs	60	110	150	+20	Relay Event	6	State Ind Sups	6	Warm-up Top	30	Sun Hat	10																	
Red Award	5	5	6	7	8	Total Costs	95	140	175	+20	U12/13 Camp	250	Programme	7	Hoody Top	40	Black Shorts	15																	



U13/15 State Team (Tas) \$1,505. U14 State Team (Newcastle Jan 20-22) \$815. TLAA Canteen Hire \$110/day (+\$100 bond SI), BBQ \$50/day. Cross Country \$20 (April to Sep).

Month	October				November				December				January				February				March										
Date	8*	15	22	29	5	10	12	13	18	24	26	3	8	11	17	22	7	14	19	22	28	4	9	11	18	25	3	10	11	17	
Day	Sat	Sat	Sat	Sat	Sat	Thu	Sat	Sun	Fri	Thu	Sat	Sat	Thu	Sun	Sat	Thu	Sat	Sat	Thu	Sun	Sat	Sat	Thu	Sat	Sat	Sat	Sat	Sat	Sun	Sat	
Program	1	2	3	1	2	3	CC	CC	1	2	All	3	1	Rel	2	3	1	2	3	All	1 ^C	2 ^C	3 ^C	Multi	C ¹	C ²	C ³	SI①	SI②	Han	
Venue	HD	HD	HD	HD	HD	HD	StL	Dom	Dom	HD	StL	HD	HD	HD	Dom	HD	HD	HD	HD	Dom	HD	HD	HD	HD	StL	HD	HD	HD	Dom	Dom	HD

Age	Tiny Tots	6	7	8	9	10	11	12	13	14 & 15
Boys Manager	Chris Bakes	Susan McLeod	Matthew Blackwell	Tim Moroney	Nick McLeod	Rod Turton	Bryce Graham	Gillian Doniz	Peter Kearney	Heather Sonneveld
Boys Assistant			Belinda Vinen	Melissa Duggan	Natasha Marsh	Vernon Sproule	Fiona Ziegeler	Dianne Joyce	Brendan Rose Craig Phillips	Karl Naden David Mole
Girls Manager		Maria Fracalossi	Julian Gill	Nic Burns	Nadelle Beechey	Sarah Curtain	Jodi Ball	Craig Duggan	Rob Bearman	Anita Hill
Girls Assistant		Felicity Fewkes			Susanne Margetts	Sally Blenden	Karen Aiken	Narelle Green	Shane Houge	*Car Park Blocked 2 nd Saturday each month

Boys										
Event/Qual	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
Discus	8.40m	10.80m	13.50m	16.00m	18.50m	18.50m	23.00m	22.00m	25.00m	28.00m
Weight	350g	350g	500g	500g	500g	750g	750g	1kg	1kg	1kg
Shotput	3.80m	4.60m	5.00m	5.60m	6.50m	7.20m	7.20m	8.50m	8.50m	9.00m
Weight	1.0kg	1.0kg	1.5kg	2.0kg	2.0kg	2.0kg	3.0kg	3.0kg	4.0kg	4.0kg
Colour	Blue	Blue	Yellow	Orange	Orange	Orange	White	White	Red	Red
Javelin	15.50m	17.00m	12.00m	15.00m	18.00m	22.00m	25.50m	25.00m	27.00m	30.00m
Weight	Vortex	Vortex	Turbo	Turbo	400g	400g	400g	600g	600g	600g
Long Jump	2.20m	2.40m	3.10m	3.30m	3.65m	3.90m	4.10m	4.40m	4.70m	5.00m
Mat	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.2 x 1m	0.2 x 1m	0.2 x 1m
From Pit	0.5m	0.5m	0.5m	0.5m	0.5m	0.5m	0.5m	2.0m	2.0m	2.0m
Triple Jump	4.50m	4.90m	6.30m	7.10m	7.80m	8.30m	8.90m	9.50m	10.00m	10.50m
High Jump	Scissor		0.90m	1.00m	1.10m	1.20m	1.30m	1.40m	1.45m	1.50m
Starting Height Centre Competition			0.60m	0.65m	0.75m	0.80m	0.85m	0.90m	0.95m	1.00m
Starting Height State Competition			0.60m	0.70m	0.80m	0.90m	0.90m	1.10m	1.15m	1.20m
Starting Height Championships			0.80m	0.90m	1.00m	1.10m	1.20m	1.30m	1.35m	1.40m
Hurdles	13.1s	12.4s	13.0s	12.8s	12.6s	12.1s	12.1s	16.0/35.5	18.2/35.0	20.4/34.5
Distance	60m	60m	60m	60m	60m	60m	60m	80/200m	90/200m	100/200m
Height	20cm	20cm	45cm	52.5cm	60cm	60cm	68cm	76cm	76cm	76cm
Lead In	12m	12m	12m	12m	12m	12m	12m	12/20m	13/20m	13/20m
Gap	7m	7m	7m	7m	7m	7m	7m	7/35m	8/35m	8.5/35m
Lead Out	13m	13m	13m	13m	13m	13m	13m	12/40m	13/40m	10.5/40m
Flights	6	6	6	6	6	6	6	9/5	9/5	10/5
70m	15.4s	13.9s	12.6s	11.8s	11.2s	11.2s	10.7s	10.0s	9.5s	9.0s
100m	21.3s	19.6s	17.4s	16.6s	15.8s	15.2s	14.7s	14.3s	14.0s	13.7s
200m	46.2s	42.3s	39.0s	36.5s	35.0s	33.0s	31.5s	30.5s	30.0s	29.5s
400m/150m	32.8s	30.5s	1:28.0s	1:23.0s	1:18.0s	1:16.0s	1:12.0s	1:07.0s	1:03.0s	1:02.0s
800m	Pack	2.99 lap		3:05.0s	3:00.0s	2:55.0s	2:50.0s	2:40.0s	2:34.0s	2:28.0s
1500m	Spikes	5.61 lap		2.62 lap	4.11 lap	6:10.0s	5:55.0s	5:30.0s	5:15.0s	5:05.0s
Walk	Javelin	Jumps	Laned	5:20.0s	8:15.0s	7:55.0s	10:40.0s	9:50.0s	9:10.0s	8:50.0s
Distance	9mm	9mm	7mm	700m	1100m	1100m	1500m	1500m	1500m	1500m

Girls										
Event/Qual	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
Discus	6.40m	7.60m	9.50m	12.00m	15.00m	14.50m	17.00m	19.00m	19.50m	20.00m
Weight	350g	350g	500g	500g	500g	750g	750g	750g	1kg	1kg
Shotput	2.90m	3.50m	4.25m	4.60m	5.60m	6.50m	7.40m	7.00m	7.80m	8.30m
Weight	1.0kg	1.0kg	1.5kg	2.0kg	2.0kg	2.0kg	2.0kg	3.0kg	3.0kg	3.0kg
Colour	Blue	Blue	Yellow	Orange	Orange	Orange	Orange	White	White	White
Javelin	7.50m	10.50m	7.50m	10.00m	11.00m	14.00m	17.00m	20.00m	18.50m	19.50m
Weight	Vortex	Vortex	Turbo	Turbo	400g	400g	400g	400g	600g	600g
Long Jump	2.00m	2.25m	2.80m	3.10m	3.30m	3.50m	3.80m	4.10m	4.30m	4.50m
Mat	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.5 x 1m	0.2 x 1m	0.2 x 1m	0.2 x 1m
From Pit	0.5m	0.5m	0.5m	0.5m	0.5m	0.5m	0.5m	2.0m	2.0m	2.0m
Triple Jump	4.30m	4.70m	5.70m	6.50m	7.30m	7.80m	8.30m	8.70m	9.00m	9.50m
High Jump	Scissor		0.90m	0.95m	1.05m	1.15m	1.20m	1.25m	1.35m	1.45m
Starting Height Centre Competition			0.55m	0.60m	0.65m	0.70m	0.75m	0.80m	0.85m	0.90m
Starting Height State Competition			0.60m	0.70m	0.75m	0.85m	0.90m	0.95m	1.05m	1.15m
Starting Height Championships			0.80m	0.90m	0.95m	1.05m	1.10m	1.15m	1.25m	1.35m
Hurdles	13.6s	14.0s	13.8s	13.4s	13.4s	13.0s	12.5s	17.0/36.0	16.5/35.5	18.5/35.0
Distance	60m	60m	60m	60m	60m	60m	60m	80/200m	80/200m	90/200m
Height	20cm	20cm	45cm	52.5cm	60cm	60cm	68cm	76cm	76cm	76cm
Lead In	12m	12m	12m	12m	12m	12m	12m	12/20m	12/20m	13/20m
Gap	7m	7m	7m	7m	7m	7m	7m	7/35m	7/35m	8/35m
Lead Out	13m	13m	13m	13m	13m	13m	13m	12/40m	12/40m	13/40m
Flights	6	6	6	6	6	6	6	9/5	9/5	9/5
70m	15.4s	14.6s	13.0s	12.3s	11.7s	12.0s	11.5s	11.0s	10.5s	10.0s
100m	21.6s	20.4s	18.5s	17.5s	16.4s	15.8s	15.0s	14.8s	14.7s	14.4s
200m	48.0s	44.5s	41.0s	38.0s	36.5s	35.0s	32.5s	31.0s	30.5s	30.0s
400m/150m	33.6s	31.5s	1:34.0s	1:30.0s	1:25.0s	1:20.0s	1:16.0s	1:13.0s	1:08.5s	1:06.0s
800m	Pack	2.99 lap		3:20.0s	3:15.0s	3:10.0s	3:05.0s	3:00.0s	2:57.0s	2:54.0s
1500m	Spikes	5.61 lap		2.62 lap	4.11 lap	6:40.0s	6:25.0s	6:00.0s	5:40.0s	5:20.0s
Walk	Javelin	Jumps	Laned	5:30.0s	8:30.0s	8:10.0s	11:10.0s	10:30.0s	10:00.0s	9:20.0s
Distance	9mm	9mm	7mm	700m	1100m	1100m	1500m	1500m	1500m	1500m