Age Group	HDLAC PROGRAM 1										HDLAC PROGRAM 2										HDLAC PROGRAM 3									
Track Event	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**
Sprint Hurdles																					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m Hurdles																		✓	✓	✓										
70 Metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓																				
100 Metres											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
150 Metres											✓	✓																		
200 Metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓																				
400 Metres													✓	✓	✓	✓	✓	✓	✓	✓										
800 Metres				✓	✓	✓	✓	✓	✓	✓																				
1500 Metres																										✓	✓	✓	✓	✓
700m Walk														✓																
1100m Walk															✓	✓														
1500m Walk																	✓	✓	✓	✓										
Field Event	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**
Discus	✓		✓		✓									✓				✓	✓	✓		✓				✓	✓			
Shotput						✓	✓					✓	✓		✓						✓			✓				✓	✓	✓
Javelin/Vortex		✓		✓				✓	✓	✓	✓					✓	✓						✓		✓					
Long Jump		✓					✓	✓			✓		✓			✓			✓	✓				✓	✓					
Triple Jump				✓	✓				✓	✓		✓					✓	✓			✓		✓			✓				
High Jump			✓			✓								✓	✓												✓	✓	✓	✓
ASAP	✓																					✓								