



Sandringham Season 2022/23

Age Group		Program 2			
6 Boys	Shot Put (Circle 3 & Nth Jav area))	On Track	100m	Hurdles Coaching Grass	Scissor Coach+
6 Girls	Shot Put (Circle 3 & Nth Jav area)	On Track	100m	Hurdles Coaching Grass	Scissor Coach+
7 Boys A	100m	Long Jump Pit 3,4	Hurdles Coaching Grass	Vortex Javelin	300m%
7 Boys B	100m	Vortex Javelin	Long Jump Pit 1,2	Hurdles Coaching Grass	300%
7 Girls	100m	Hurdles Coaching Grass	Vortex Javelin	Long Jump (Pits 3,4)	300%
8 Boys A	Discus Cage 2	100m	Relays/Run Tech (Back St)	Long Jump (Pit 1/2)	400%
8 Boys B	Long Jump (Pit 3/4)	100m	Relays/Run Tech (Back St)	Discus Cage 2	400%
8 Girls A	Shot Put (Circles 1/2)	100m	Relays/ Run Tech (Bend)	Scissor Coach+	400m%
8 Girls B	100m	Relays/ Run Tech (Back St)	Scissor Coach+	Shot Put (Circles 1/2)	400m%
9 Boys	Long Jump (Pits 1,2)	100m	Discus Cage 2	400m	
9 Girls	Scissor Jump	100m	Shot Put (Circle 1/2)	400m	
10 Boys	100m	Hurdles Coaching (Back Straight)	Mod Javelin (HJ rear)	400m	
10 Girls A	Shot Put (Circles 1/2)	100m	Hurdles Coaching (Back Straight)	400m	
10 Girls B	Hurdles Coaching (Back straight)	Shot Put (Circles 1/2)	100m	400m	
11 Boys	Discus (Cage 2)	100m	Triple Jump (Pit 4)	400m	
11 Girls	100m	High Jump	Shot Put (Circle 1/2)	400m	
12 Boys	Long Jump (Pit 1)	100m	Discus (Cage 1)	400m	
12 Girls	100m	Shot Put (Circle 3)	Long Jump (Pit 3)	400m	
13+ Boys	200 Hurdles*	100m	Triple Jump (Pit 1)	Discus (Cage 2)	400m
13-14 Girls	200 Hurdles*	100m	Shot Put (Circle 3)	400m	High Jump
15-17 years	300 Hurdles*	Triple Jump (Pit 2)	100m	Discus (Cage 1)	400m
Notes					

- * 200m and 300m hurdles start at 10am sharp - you need to confirm athlete is doing these: sandringhampresident@lavic.com.au
- Please go to the events at the place marked
- % unlaned event, optional