BOX HILL LAC PROGRAM A 2022/23

FRONT STRAIGHT			BACK STRAIGHT			CIRCULAR			L/JUMP PIT 1		L/JUMP PIT 2		T/JUMP PIT 1		T/JUMP PIT 2	
TIME	**EVENT**	**AGE**	**TIME**	**EVENT**	**AGE**	**TIME**	**EVENT**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**
2.05	70	U6-7G							2.15	U6-7G	2.15	U12G	2.15	U6-7B (LJ)	2.15	U13-17G
2.10	70	U6-7B							2.45	U11G	2.45	U11B	3.15	U8G (LJ)	3.15	U13-17B
2.15	70	U8G	2.25	300	U8G				3.30	U12B	3.30	U8B				
2.20	70	U8B	2.30	300	U8B											
			2.45	400	U10B											
			2.50	400	U12B											
2.25	100	U11G	2.55	400	U9G											
2.30	100	U11B	3.00	400	U13-17B											
2.40	100	U6-7G	3.05	400	U10G				**H/JUMP 1 (Scissor)**		**H/JUMP 2 (Scissor)**		**H/JUMP 3**			
2.45	100	U6-7B	3.10	400	U9B				**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**		
2.50	100	U13-17B	3.25	400	U11G				2.15	U10G	2.15	U9B				
2.55	100	U12G	3.30	400	U11B				3.00	U10B	3.00	U9G				
3.00	100	U13-17G	3.40	400	U13-17G											
3.10	100	U12B	3.45	400	U12G											
3.50	100	U9G	**SHOT PUT small**		**SHOT PUT 1**		**SHOT PUT 2**		**DISCUS 1**		**DISCUS 2**		**JAVELIN**			
3.55	100	U9B	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**		
4.00	100	U10G			2.15	U13-17B	2.15	U12B	1.40	U6-7G	1.40	U6-7B				
4.05	100	U10B			3.00	U12G	3.10	U13-17G	2.15	U9G	2.15	U10B				
					3.30	U11G	3.45	U11B	2.45	U8B	2.45	U8G				
									3.15	U10G	3.15	U9B				
	U6		**U7**		**U8**		**U9**		**U10**		**U11**		**U12**		**U13 - 17**	
	G	**B**	**G**	**B**	**G**	**B**	**G**	**B**	**G**	**B**	**G**	**B**	**G**	**B**	**G**	**B**
1	DISC	DISC	DISC	DISC	70	70	DISC	HJ	HJ	DISC	100	100	LJ	SP	TJ	SP
	1.40	1.40	1.40	1.40	2.15	2.20	2.15	2.15	2.15	2.15	2.25	2.30	2.15	2.15	2.15	2.15
2	70	70	70	70	300	300	400	400	400	400	LJ	LJ	100	400	100	100
	2.05	2.10	2.05	2.10	2.25	2.30	2.55	3.10	3.05	2.45	2.45	2.45	2.55	2.50	3.00	2.50
3	LJ	LJ	LJ	LJ	DISC	DISC	HJ	DISC	DISC	HJ	400	400	SP	100	SP	400
	2.15	2.15	2.15	2.15	2.45	2.45	3.00	3.15	3.15	3.00	3.25	3.30	3.00	3.10	3.10	3.00
4	100	100	100	100	LJ	LJ	100	100	100	100	SP	SP	400	LJ	400	TJ
	2.40	2.45	2.40	2.45	3.15	3.30	3.50	3.55	4.00	4.05	3.30	3.45	3.45	3.30	3.40	3.15