BOX HILL LAC PROGRAM B 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	100	U6-7G	2.15	100mh	U15-17B	2.15	800	U9B	1.30	U6G	1.30	U6B	1.30	U7G (LJ)	1.30	U7B (LJ)
2.10	100	U6-7B	2.20	90mh	U15-17G/14B	2.20	800	U11B	3.35	U13B	3.35	U13G	2.30	U8B (LJ)	2.25	U8G (LJ)
2.15	100	U8G	2.25	80mh	U13B	2.35	800	U9G	4.00	U14B	4.00	U14G	3.00	U9G (LJ)	3.00	U9B (LJ)
2.20	100	U8B	2.35	80mh	U14/U13G	2.40	800	U13	4.20	U15-17B	4.20	U15-17G				
2.25	100	U9G	2.50	80mh	U12B	2.45	800	U14								
2.30	100	U9B	3.00	80mh	U12G	2.50	800	U15-17								
			3.10	80mh	U11G											
2.45	100	U10B	3.20	80mh	U11B	3.00	800	U10B								
2.50	100	U10G	3.25	60mh	U10B	3.05	800	U10G	H/JUMP 1		H/JUMP 2		H/JUMP 3			
2.55	200	U6-7G	3.30	60mh	U10G	3.35	800	U12G	TIME	AGE	TIME	AGE	TIME	AGE		
3.00	200	U6-7B	3.35	60mh	U8G	4.00	800	U11G	2.00	U11G	2.00	U12G				
3.05	200	U8G	3.40	60mh	U8B	4.10	800	U12B	3.45	U11B	3.00	U12B				
3.10	200	U8B	3.50	60mh	U9B											
3.20	200	U12G	3.55	60mh	U9G											
3.25	200	U13-17B														
3.30	200	U13-17G	SHOT PUT small		SHOT PUT 1		SHOT PUT 2		DISCUS 1		DISCUS 2		JAVELIN			
3.40	200	U11B	TIME	AGE	TIME	AGE	TIME	AGE	TIME	AGE	TIME	AGE	TIME	AGE		
3.50	200	U11G			2.15	U10G	2.15	U10B	2.15	U7G	2.15	U6B	2.00	U12B		
3.55	200	U12B							2.15	U7B	2.15	U6G	2.45	U11B		
									3.00	U15-17B	3.00	U15-17G	3.15	U11G		
													3.45	U12G		

	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15-17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
1	LJ	LJ	LJ	LJ	100	100	100	800	SP	SP	HJ	800	HJ	JAV	80-90H	80-100H	80-90H	80-100H	80-90H	80-100H
	1.30	1.30	1.30	3.00	2.15	2.20	2.25	2.15	0.00	2.15	2.00	2.20	2.00	2.00	2.35	2.25	2.35	2.20	2.20	2.15
2	100	100	100	100	LJ	LJ	800	100	100	100	80H	JAV	80H	80H	800	800	800	800	800	800
	2.05	2.10	2.05	2.10	2.25	2.30	2.35	2.30	2.50	2.45	3.10	2.45	3.00	2.50	2.40	2.40	2.45	2.45	2.50	2.50
3	DISC	DISC	DISC	DISC	200	200	LJ	LJ	800	800	JAV	80H	200	HJ	200	200	200	200	DISC	DISC
	2.15	2.15	2.15	2.15	3.05	3.10	3.00	3.00	3.05	3.00	3.15	3.20	3.20	3.00	3.30	3.25	3.30	3.25	3.00	3.00
4	200	200	200	200	60H	60H	60H	60H	60H	60H	200	200	800	200	LJ	LJ	LJ	LJ	200	200
	2.55	3.00	2.55	3.00	3.35	3.40	3.55	3.50	3.30	3.25	3.50	3.40	3.35	3.55	3.35	3.35	4.00	4.00	3.30	3.25
5											800	HJ	JAV	800					LJ	LJ
											4.00	3.45	3.45	4.10					4.20	4.20