

BOX HILL LAC PROGRAM C 2023/24																				
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				
2.00	200H	U14G	2.30	70	U9B	2.05	300	U6-7G	1.30	U6-7B	1.30	U6-7G	2.15	U12G	2.15	U11G				
2.05	200H	U14B	2.35	70	U6-7B	2.10	300	U6-7B	2.15	U10G	2.15	U10B	3.00	U12B	3.25	U11B				
2.10	200H	U13G	2.40	70	U6-7G	3.15	1500	U14B												
2.15	200H	U13B	2.50	70	U9G	3.25	1500	U13G												
2.20	300H	U15-17G	2.55	70	U8G	3.35	1100	U10G												
2.25	300H	U15-17B	3.00	70	U8B	3.40	1100	U10B												
			3.10	70	U10G	4.00	1500	U12G												
2.45	200	U9B	3.15	70	U10B	4.05	1500	U12B												
2.50	200	U12B				4.10	1500	U15-U17	H/JUMP 1		H/JUMP 2 (Scissor)		H/JUMP 3							
2.55	200	U12G	3.20	100	U9B	4.15	1500	U11B	TIME	AGE	TIME	AGE	TIME	AGE						
3.00	200	U10G	3.25	100	U9G	4.20	1500	U11G	1.45	U15-17B	2.15	U8B	1.45	U15-17G						
3.05	200	U10B	3.30	100	U14G	4.25	1500	U13B	2.40	U13B	3.00	U8G	2.30	U14B						
3.10	200	U11G	3.35	100	U14B	4.30	1500	U14G	3.50	U13G			3.45	U14G						
3.15	200	U9G	3.40	100	U8B															
3.20	200	U11B	3.50	100	U8G															
3.30	100	U15-U17	SHOT PUT small x2		SHOT PUT 1		SHOT PUT 2		DISCUS 1		DISCUS 2		JAVELIN							
3.40	100	U11G	TIME	AGE	TIME	AGE	TIME	AGE	TIME	AGE	TIME	AGE	TIME	AGE						
3.45	100	U13G	A 2.45	U6-7G	2.15	U8G	2.15	U9G	2.15	U12B	2.15	U11B	2.45	U15-U17						
3.50	100	U12G	B 2.45	U6-7B	3.10	U8B	2.50	U9B	2.45	U13G	2.45	U14G								
3.55	100	U12B							3.15	U13B	3.15	U12G								
4.00	100	U11B							3.45	U14B	3.50	U11G								
3.50	100	U13B																		
	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15 - U17	
	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	SP	HJ	SP	70	LJ	LJ	TJ	DIS	TJ	DIS	200H	200H	200H	200H	HJ	HJ
	1.30	1.30	1.30	1.30	2.15	2.15	2.15	2.30	2.15	2.15	2.15	2.15	2.15	2.15	2.10	2.15	2.00	2.05	1.45	1.45
2	300	300	300	300	70	70	70	200	200	200	200	200	200	200	DIS	HJ	DIS	HJ	300-200H	300-200H
	2.05	2.10	2.05	2.10	2.55	3.00	2.50	2.45	3.00	3.05	3.10	3.20	2.55	2.50	2.45	2.40	2.45	2.30	2.20	2.25
3	70	70	70	70	HJ	SP	200	SP	70	70	100	TJ	DISC	TJ	1500	DIS	100	1500	JAV	JAV
	2.40	2.35	2.40	2.35	3.00	3.10	3.15	2.50	3.10	3.15	3.40	3.25	3.15	3.00	3.25	3.15	3.30	3.15	2.45	2.45
4	SP	SP	SP	SP	100	100	100	100	1100	1100	DISC	100	100	100	100	100	HJ	100	100	100
	2.45	2.45	2.45	2.45	3.50	3.40	3.25	3.20	3.35	3.40	3.50	4.00	3.50	3.55	3.45	3.50	3.45	3.35	3.30	3.30
5											1500	1500	1500	1500	HJ	1500	1500	DIS	1500	1500
											4.20	4.15	4.00	4.05	3.50	4.25	4.30	3.45	4.10	4.10