ADAMSTOWN NEW LAMBTON ATHLETICS CLUB PROGRAM

All Records must be signed by an ANLAC committee member to be accredited

WEEK 1

Program A		Program B																	
U/6B	**U/6G**	**U/6B**	**U/6G**	**U/7B**	**U/7G**	**U/8B**	**U/8G**	**U/9B**	**U/9G**	**U/10B**	**U/10G**	**U/11B**	**U/11G**	**U/12B**	**U/12G**	**13-14B**	**13-14G**	**15-17B**	**15-17G**	**Senior M**	**Senior W**
Pro 1.1	Pro 1.1	Pro 1.3	Pro 1.2	70	LJ-3	SP-3	100*	HJ-3	DISC2	100*	LJ-1	100*	SP-2	HJ-2	TJ-2	SP-1	100*	JAV	DISC1	JAV	DISC1
DISC1	DISC2	DISC2	DISC1	LJ-3	70	100*	LJ-2	100*	100*	LJ-1	100*	SP-1	100*	SP-2	100*	1500	1500	100*	100*	100*	100*
Run 1.1	Run 1.1	Run 1.4	Run 1.4	100*	SP-2	LJ-3	DISC1	DISC2	HJ-3	800	800	1500	1500	100*	HJ-2	LJ-1	SP-1	TJ-2	JAV	TJ-2	JAV
100*	100*	100*	100*	SP-1	100*	70	70	800	800	DISC2	DISC1	HJ-2	TJ-2	1500	1500	100*	LJ-1	1500	1500	1500	1500
																		DISC1	TJ-2	DISC1	TJ-2

HJ-3 is on the low level scissor mat 100* - Handicap race every second full cycle

WEEK 2

Program A		Program B																	
U/6B	**U/6G**	**U/6B**	**U/6G**	**U/7B**	**U/7G**	**U/8B**	**U/8G**	**U/9B**	**U/9G**	**U/10B**	**U/10G**	**U/11B**	**U/11G**	**U/12B**	**U/12G**	**13-14B**	**13-14G**	**15-17B**	**15-17G**	**Senior M**	**Senior W**
Run 1.2	Run 1.2	Run 1.5	Run 1.5	DISC1	DISC2	LJ-3	SP-1	70	70	70	70	TJ-2	LJ-1	200	JAV	HJ-1	200**	200**	200**	200**	200**
200	200	200	200	50	50	70	70	SP-3	LJ-1	DISC1	DISC2	200	200	TJ-2	200	200	SP-2	HJ-2	SP-1	HJ-2	SP-1
Pro 1.2	Pro 1.2	Pro 1.4	Pro 1.3	500	500	DISC1	DISC2	LJ-3	SP-3	200	200	SP-2	SP-1	JAV	LJ-1	TJ-2	HJ-1	100	100	100	100
DISC2	DISC1	DISC1	DISC2	SP-2	SP-3	200	200	200	200	LJ-1	LJ-3	800	800	800	800	800	800	SP-1	HJ-2	SP-1	HJ-2
																SP-1	TJ-2	800	800	800	800

**U13 - Senior age groups to be first events on outside track as they have 5 events

WEEK 3

Program A		Program B																	
U/6B	**U/6G**	**U/6B**	**U/6G**	**U/7B**	**U/7G**	**U/8B**	**U/8G**	**U/9B**	**U/9G**	**U/10B**	**U/10G**	**U/11B**	**U/11G**	**U/12B**	**U/12G**	**13-14B**	**13-14G**	**15-17B**	**15-17G**	**Senior M**	**Senior W**
Pro 1.1	Hor 1.1	Hor 1.2	Pro 1.4	SP-3	SP-1	70	70	LJ-3	70	SP-2	HJ-1	LJ-2	HJ-2	DISC2	LJ-1	100	DISC1	#1500W	#1500W	#1500W	#1500W
SP-3	LJ-1	LJ-1	SP-3	70	70	LJ-3	LJ-2	70	SP-2	1100W	1100W	100	100	100	100	DISC2	100	JAV	DISC1	JAV	DISC1
Run 1.1	Run 1.1	Run 1.3	Run 1.3	LJ-3	LJ-2	100	100	100	100	HJ-1	SP-1	#1100W	#1100W	LJ-1	DISC2	#1500W	#1500W	DISC1	JAV	DISC1	JAV
70	70	70	70	200	200	SP-2	SP-1	SP-3	LJ-3	200	200	DISC1	DISC2	#1500W	#1500W	LJ-1	LJ-2	200	200	200	200
																200	200	LJ-2	LJ-1	LJ-2	LJ-1

#Optional 1100 / 1500m Run instead of Walk held concurrently. *U13 - Open Age groups first events on outside track as they have 5 events

WEEK 4

Program A		Program B																	
U/6B	**U/6G**	**U/6B**	**U/6G**	**U/7B**	**U/7G**	**U/8B**	**U/8G**	**U/9B**	**U/9G**	**U/10B**	**U/10G**	**U/11B**	**U/11G**	**U/12B**	**U/12G**	**13-14B**	**13-14G**	**15-17B**	**15-17G**	**Senior M**	**Senior W**
Run 1.2	Run 1.2	Run 1.4	Hor 1.3	50	50	DISC1	SP-3	LJ-1	SP-1	60H	60H	60H	60H	60H	SP-2	DISC2	JAV	400**	400**	400**	400**
300	300	300	LJ-3	SP-3	SP-2	700	700	700W	700W	DISC1	DISC2	HJ-2	JAV	SP-1	60H	80/90H	80H	TJ-2	LJ-1	TJ-2	LJ-1
Hor 1.1	Pro 1.1	Pro 1.4	Pro 1.1	100	100	SP-2	DISC1	100	LJ-2	SP-3	SP-1	JAV	HJ-1	400	400	400	400	100H%	90H%	110H	100H
LJ-1	SP-3	SP-3	300	500	500	100	100	DISC2	100	70	70	400	400	HJ-2	HJ-1	JAV	DISC1	SP-1	SP-2	SP-1	SP-2
																3000	3000	3000	3000	5000	5000

**U15-17 & Senior Age groups first event on outside track as they have 5 events. %U17B run 110M Hurdles, U17G run 100M Hurdles

WEEK 5

Program A		Program B																	
U/6B	**U/6G**	**U/6B**	**U/6G**	**U/7B**	**U/7G**	**U/8B**	**U/8G**	**U/9B**	**U/9G**	**U/10B**	**U/10G**	**U/11B**	**U/11G**	**U/12B**	**U/12G**	**13-14B**	**13-14G**	**15-17B**	**15-17G**	**Senior M**	**Senior W**
Pro 1.2	Hor 1.2	Run 1.5	Run 1.5	50	50	60H	60H	60H	60H	400	400	LJ-2	LJ-1	DISC1	DISC2	JAV	HJ-1	SP-1	SP-2	SP-1	SP-2
SP-3	LJ-3	50	50	DISC2	DISC1	400	400	400	400	SP-1	LJ-2	100	100	LJ-1	SP-2	HJ-2	JAV	100	100	100	100
Run 1.3	Run 1.3	Hor 1.3	Pro 1.3	LJ-2	LJ-3	SP-2	LJ-1	SP-1	70	100	100	DISC2	DISC1	100	100	200H	200H	300H	300H	400H	400H
50	50	LJ-3	SP-3	100	100	DISC2	SP-3	70	DISC1	LJ-1	SP-2	200	200	200	200	100	100	HJ-2	HJ-1	HJ-2	HJ-1
																		LJ-1	TJ-2	LJ-1	TJ-2

Red shaded events are On-Track training sessions.

Program A runs Week 1 - 5, then swap to Program B for Weeks 6 - 10

Senior age groups may run a flat 400m rather than hurdles

Field Events in RED text please Pack up the gear and return to Storage

Green shaded events are run on the Outside Track