

DLAC PROGRAM - SEASON 2009 - 10

Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15
Friday Nights only			Program 1						
70 m	70 m	70 m	70 m	70 m	70 m	70 m	100 m	100 m	100 m
100 m	100 m	100 m	800 m	800 m	800 m	400 m	400m	400m	400m
Long Jump	Long Jump	Long Jump	High Jump	High Jump	Triple jump	Triple jump	Long Jump	Long Jump	High Jump
Vortex	Vortex	Shot Put	100 m	100 m	Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
							Optional Mile event	Optional Mile event	Optional Mile event
Program 2									
			100 m	100 m	100 m	100 m	100 m	100 m	100 m
			60 Hurdle	60 Hurdle	60 Hurdle	60 Hurdle	300 Hurdle	300 Hurdle	300 Hurdle
			70 m	70 m	1500 m	1500 m	1500 m	1500 m	1500 m
			Long Jump	Long Jump	High Jump	High Jump	Triple Jump	Triple Jump	Triple Jump
			Discus	Discus	Discus	Discus	Javelin	Javelin	Javelin
Program 3									
			200 m	200 m	200 m	200 m	200 m	200 m	200 m
			80 Hurdle	80 Hurdle	80 Hurdle	80 Hurdle	80 Hurdle	80/90 Hurdle	90/100 Hurdle
			400 m	400 m	400 m	800 m	800 m	800 m	800 m
			Triple Jump	Triple Jump	Long Jump	Long Jump	High Jump	High Jump	Long jump
			Shot Put	Shot Put	Javelin	Javelin	Discus	Discus	Discus