

# Mount Druitt LAC Weekly Programs

Week 1 - Girls First																									
Tots	70m	100m	300m	500m	700m	1500m	400m Pack	400m	3000m	Javelin 400g	Discus 500g	Discus 750g	Discus 1kg	Discus 1.5kg	Discus 1.75Kg	Discus 2Kg	Shot Put 500g	Shot Put 1kg	Shot Put 2kg	Long Jump B0x	Long Jump Board	Triple Jump	Scissor High Jump	Flop High Jump	Age Groupings
4																									Tots
5																									
	6	6	6														6			6					2024 6, 7
	7	7		7														7		7					
	8	8			8		8				8									8					2024 8
	9	9						9											9				9		
	10	10						10											10				10		2024 9, 10
		11				11		11		11									11			11			
		12				12		12		12									12			12			2024 11, 12
		13				13	13	13			13										13			13	
		14				14		14	14				14								14			14	2024 13, 14, 15, 16, 17
		15				15		15	15				15								15			15	
		16				16		16	16				16 F	16 M							16			16	
		17				17		17	17				17 F	17 M							17			17	
		20				20		20	20				20 F		20 M						20			20	2024 20-99
		99				99		99	99					99 F		99 M					99			99	

Week 2 Track - Boys First																
Tots	50m	60m Hurdles	80m Hurdles	90m Hurdles 76cm	100m Hurdles 76cm	110m Hurdles 76cm	1500m Walk	1100m Walk	700m Walk	800m	200m Pack Start	200m	200m Hurdles 76cm	300m Hurdles 76cm	400m Hurdles 76cm	Age Groupings
4																Tots
5																
	6										6					2024 6, 7
	7										7					
45cm	8										8					2024 8
45cm	9								9	9		9				2024 9, 10
60cm	10							10		10		10				
	60cm	11						11		11		11				2024 11, 12
	68cm	12						12		12		12				
	76cm	13 F	13 M				13			13		13	13			2024 13, 14, 15, 16, 17
				14			14			14		14		14		
				15 F	15 M		15			15		15		15		
					16 F	16 M	16			16		16			16	
					17 F	17 M	17			17		17			17	
					20 F	20 M	20			20		20			20	2024 20-99
					99 F	99 M	99			99		99			99	

Week 2 Field - Boys First																														
Javelin 400g			Javelin 500g			Javelin 600g			Javelin 700g			Javelin 800g			Discus 350g	Discus 500g	Discus 750g	Shot Put 1.5kg	Shot Put 3kg	Shot Put 4kg	Shot Put 5kg	Shot Put 6kg	Shot Put 7.2kg	Long Jump Box	Long Jump Board	Triple Jump	High Jump Flop	Age Groupings		
																													Tots	
															6										6					2024 6, 7
															7										7					
																		8							8					2024 8
																9									9					2024 9, 10
																10									10					
																11										11		11		2024 11, 12
																	12									12		12		
13	F			13	M								13														13			2024 13, 14, 15, 16, 17
14	F					14	M						14	F	14	M											14			
		15	F			15	M						15	F	15	M											15			
		16	F			16	M						16	F			16	M									16			
		17	F			17	M						17	F				17	M								17			
			20	G		20	M							20	F			20	M								20			2024 20-99
			99	G		99	M							99	F				99	M							99			