



SCLAC PROGRAMS A-B-C

2023-24 Season

	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13+
PROGRAM A	Vortex	60mH	Shot Put	800m	800m	800m	800m	800m
	60mH	Vortex	70m	High Jump S	Discus	Shot Put	Triple Jump	Triple Jump
	Discus	70m	Turbo Jav	Turbo Jav	70m	200m	200m	200m
	Long Jump	Discus	200m	100m	Shot Put	Triple Jump	Discus	Discus
	100m	200m	High Jump S	Discus	100m	100m	100m	100m
PROGRAM B	50m	Discus	100m	400m	400m	400m	400m	400m
	Shot Put	50m	Long Jump	Long Jump	High Jump S	High Jump	Javelin	Javelin
	300m	Long Jump	700m	70m	Long Jump	100m	High Jump	High Jump
	Vortex	500m	Discus	Shot Put	Turbo Jav	Javelin	100m	100m
	Long Jump	Shot Put	Shot Put	100m	100m	Long Jump	Long Jump	Long Jump
PROGRAM C	60mH	60mH	Long Jump	Long Jump	Shot Put	1500m	1500m	1500m
	Discus	Long Jump	Turbo Jav	Discus	Long Jump	Discus	Shot Put	Shot Put
	100m	100m	60mH	60mH	60mH	60mH	80mH	80mH
	Shot Put	Vortex	Discus	Shot Put	Discus	200m	Long Jump	Long Jump
	70m	Shot Put	100m	200m	200m	Long Jump	200m	200mH