



SCLAC PROGRAMS A-B-C

2024-25 Season

PROGRAM A	Under 6	Under 7	Under 8 Emu's	Under 8 Echidna's	Under 9	Under 10 Kangaroos	Under 10 Koalas	Under 11	Under 12+
	60mH	60mH	Shot Put	Shot Put	800m	800m	800m	Long Jump	Long Jump
	Discus	Vortex	70m	70m	Turbo Javelin	Shot Put	Shot Put	800m	800m
	70m	200m	Long Jump	Long Jump	200m	200m	200m	Javelin	Javelin
	Vortex	Discus	200m	200m	High Jump S	Long Jump	Long Jump	200m	200m

PROGRAM B	Under 6	Under 7	Under 8 Emu's	Under 8 Echidna's	Under 9	Under 10 Kangaroos	Under 10 Koalas	Under 11	Under 12+
	300m	500m	700m	700m	Shot Put	Discus	High Jump S	60mH	80mH
	Long Jump	Long Jump	Turbo Javelin	Turbo Javelin	60mH	60mH	60mH	Discus	Discus
	Shot Put	Shot Put	60mH	60mH	Discus	High Jump S	Discus	Triple Jump	Triple Jump
	100m	100m	100m	100m	100m	100m	100m	1500m	1500m

PROGRAM C	Under 6	Under 7	Under 8 Emu's	Under 8 Echidna's	Under 9	Under 10 Kangaroos	Under 10 Koalas	Under 11	Under 12+
	60mH	60mH	70m	70m	Long Jump	Turbo Javelin	Turbo Javelin	Shot Put	High Jump
	70m	70m	High Jump Scissor	Discus	70m	70m	70m	High Jump	Shot Put
	Vortex	Vortex	100m	100m	100m	100m	100m	100m	100m
	100m	100m	Discus	High Jump Scissor	400m	400m	400m	400m	400m