



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 | 80mH | 80mH |
| | Long Jump | Shot Put | Turbo Javelin | Turbo Javelin | 60mH | 60mH | 60mH | Discus | Discus |
| | Shot Put | Long Jump | 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 |