

**LITTLE ATHLETICS ASSOCIATION OF NEW SOUTH WALES INC.**  
**2 Day Region Track & Field Program - Events by Day**

**Girls Events**

DAY	Under 8 Girls		Under 9 Girls		Under 10 Girls		Under 11 Girls		Under 12 Girls		Under 13 Girls		Under 14 Girls		Under 15 Girls		Under 17 Girls	
	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field
Saturday	60h	DIS	60h	H/J	1500m	DIS	1500m	S/P	1500m	DIS	1500m	L/J	1500m	S/P	1500m	H/J	1500m	DIS
	100m	L/J	100m	S/P	60h	L/J	60h	H/J	60h	L/J	200h	H/J	200h	JAV	200h	T/J	200h	T/J
	400m		400m		100m		100m	T/J	100m	JAV	100m	S/P	100m	L/J	100m	DIS	100m	JAV
				400m		400m		400m		400m		400m		400m		400m		400m
				3000m		3000m		3000m		3000m		3000m		3000m		3000m		3000m
Sunday	P/Start	S/P	Walk	L/J	Walk	S/P	Walk	DIS	Walk	H/J	80h	DIS	80h	T/J	90h	L/J	100h	L/J
	70m		70m	DIS	70m	H/J	200m	L/J	200m	S/P	Walk	JAV	Walk	H/J	Walk	S/P	Walk	S/P
	200m		200m		200m		800m		800m	T/J	200m	T/J	200m	DIS	200m	JAV	200m	H/J
		800m		800m							800m		800m		800m		800m	

**Boys Events**

DAY	Under 8 Boys		Under 9 Boys		200m	200m	Under 11 Boys		Under 12 Boys		Under 13 Boys		Under 14 Boys		Under 15 Boys		Under 17 Boys	
	Track	Field	Track	Field			Track	Field	Track	Field	Track	Field	Track	Field	Track	Field	Track	Field
Saturday	60h	S/P	60h	H/J	1500m	L/J	1500m	S/P	1500m	H/J	1500m	T/J	1500m	DIS	1500m	L/J	1500m	S/P
	100m	L/J	100m	S/P	60h	DIS	60h	T/J	60h	L/J	200h	JAV	200h	T/J	200h	S/P	200h	L/J
	400m		400m		100m		100m		100m	DIS	100m	DIS	100m	H/J	100m	JAV	100m	H/J
			400m F		400m		400m		400m		400m		400m		400m		400m	
					3000m		3000m		3000m		3000m		3000m		3000m		3000m	
Sunday	P/Start	DIS	Walk	L/J	Walk	H/J	Walk	H/J	Walk	S/P	80h	H/J	90h	S/P	100h	DIS	110h	DIS
	70m		70m	DIS	70m	S/P	200m	L/J	200m	JAV	Walk	L/J	Walk	L/J	Walk	T/J	Walk	T/J
	200m		200m		200m		800m	DIS	800m	T/J	200m	S/P	200m	JAV	200m	H/J	200m	JAV
		800m		800m							800m		800m		800m		800m	

**Please Note:**

<> At the State Championships events shown in red will be conducted on Friday night

<> At the State Championships events shown in green will be conducted on Saturday

<> At the State Championships events shown in blue - Heats will be conducted on Saturday and Finals Sunday