

Seaford Little Athletics Program 2019-2020

Competition for all Centre Program days are at Rivera Park Eel Race Rd, Seaford

Saturday Programs start at 8:30 for all athletes unless stated otherwise.

WALK, RUN, JUMP, THROW and most of all HAVE FUN!!!

C	Saturday Oct 5		Centre Program 1		Opening Round		
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6	100m	50mH			ON TRAC		SP
U7	100m	50mH			ON TRAC		SP
U8		50mH		700m		LJ	DISC
U9		50mH	200m	600m		LJ	DISC
U10		50mH	200m	600m		LJ	DISC
U11		80mH	200m	1500m		HJ	SP
U12		80mH	200m	1500m		HJ	SP
U13		80mH	200m	1500m		TJ	JAV
U14		G80m/90mH	200m	1500m		TJ	JAV
U15+		G90m/100mH	200m	1500m		TJ	JAV

B	Saturday Oct 12		Centre Program 2		RELAYS U9 –U16		
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6	70m		200m		ON TRAC	L.J	VORTEX JAV
U7	70m		200m		ON TRAC	L.J	VORTEX JAV
U8	70m	60mH	200m			HJ	SP
U9	70m	60mH	800m	RELAYS		HJ	SP
U10	70m	60mH	800m	RELAYS		HJ	SP
U11	70m	60mH	800m	RELAYS		TJ	JAV
U12	70m	60mH	800m	RELAYS		TJ	JAV
U13	70m	60mH	800m	RELAYS		HJ	DISC
U14	70m	60/70mH	800m	RELAYS		HJ	DISC
U15+	70m	70mH	800m	RELAYS		HJ	DISC

A	Saturday Oct 19		Centre Program 3		8am START WALKS ONLY		BRING	
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD		
U6	100m	60mH			ON TRAC		DISC	
U7	100m	60mH			ON TRAC		DISC	
U8	100m		300m	700mW			TURBO JAV	
U9	100m		400m	700mW			TURBO JAV	
U10	100m		400m	1100mW			TURBO JAV	
U11	100m		400m	1100mW		L.J	DISC	
U12	100m		400m	1500mW		L.J	DISC	
U13	100m		400m	1500mW	200mH	L.J	SP	
U14	100m		400m	1500mW	200mH	L.J	SP	
U15+	100m		400m	1500mW	300mH	L.J	SP	

B	Saturday Oct 26		Centre Program 4		RELAYS U9-U16		
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6	70m		200m		ON TRAC	L.J	VORTEX JAV
U7	70m		200m		ON TRAC	L.J	VORTEX JAV
U8	70m	60mH	200m			HJ	SP
U9	70m	60mH	800m	RELAYS		HJ	SP
U10	70m	60mH	800m	RELAYS		HJ	SP
U11	70m	60mH	800m	RELAYS		TJ	JAV
U12	70m	60mH	800m	RELAYS		TJ	JAV
U13	70m	60mH	800m	RELAYS		HJ	DISC
U14	70m	60/70mH	800m	RELAYS		HJ	DISC
U15+	70m	70mH	800m	RELAYS		HJ	DISC

C1	Friday Nov 1		Centre Program 5		TWILIGHT START 6pm SHARP		
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6		50mH		300m			DISC
U7		50mH		500m			DISC
U8		50mH	300m	RELAYS			SP
U9		50mH	400m	RELAYS			SP
U10		50mH	400m	RELAYS		DISC	LJ
U11		80mH	400m	RELAYS			HJ
U12		80mH	400m	RELAYS			HJ
U13		80mH	400m	RELAYS			TJ
U14		G80m/90mH	400m	RELAYS			TJ
U15+		G90m/100mH	400m	RELAYS			TJ

A	Saturday Nov 9		Centre Program 6		8am START WALKS ONLY		
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6	100m	60mH			ON TRAC		DISC
U7	100m	60mH			ON TRAC		DISC
U8	100m		300m	700mW			TURBO JAV
U9	100m		400m	700mW			TURBO JAV
U10	100m		400m	1100mW			TURBO JAV
U11	100m		400m	1100mW		L.J	DISC
U12	100m		400m	1500mW		L.J	DISC
U13	100m		400m	1500mW	200mH	L.J	SP
U14	100m		400m	1500mW	200mH	L.J	SP
U15+	100m		400m	1500mW	300mH	L.J	SP

SUNDAY NOV 10

MENTONE RELAY DAY

TIME TBC

UNDER 8 - UNDER 16

B		Saturday Nov 16		Centre Program 7		RELAYS U9 –U16	
	STRAIGHT TRACK		CIRCULAR TRACK		FIELD	FIELD	
U6	70m		200m		ON TRAC	L.J	VORTEX JAV
U7	70m		200m		ON TRAC	L.J	VORTEX JAV
U8	70m	60mH	200m			HJ	SP
U9	70m	60mH	800m	RELAYS		HJ	SP
U10	70m	60mH	800m	RELAYS		HJ	SP
U11	70m	60mH	800m	RELAYS		TJ	JAV
U12	70m	60mH	800m	RELAYS		TJ	JAV
U13	70m	60mH	800m	RELAYS		HJ	DISC
U14	70m	60/70mH	800m	RELAYS		HJ	DISC
U15+	70m	70mH	800m	RELAYS		HJ	DISC

SATURDAY NOV 23

REGION RELAYS

UNDER 9 -UNDER 16

SUNDAY NOV 24

SEAFORD WETLANDS FUN RUN

C		Saturday Nov 30		Centre Program 8			
	STRAIGHT TRACK		CIRCULAR TRACK		FIELD		
U6		50mH		300m	ON TRAC		SP
U7		50mH		500m	ON TRAC		SP
U8		50mH		700m		LJ	DISC
U9		50mH	200m	600m		LJ	DISC
U10		50mH	200m	600m		LJ	DISC
U11		80mH	200m	1500m		HJ	SP
U12		80mH	200m	1500m		HJ	SP
U13		80mH	200m	1500m		TJ	JAV
U14		G80m/90mH	200m	1500m		TJ	JAV
U15+		G90m/100mH	200m	1500m		TJ	JAV

A		Saturday Dec 7		Centre Program 9		8am START WALKS ONLY	
	STRAIGHT TRACK		CIRCULAR TRACK		FIELD		
U6	100m	60mH			ON TRAC		DISC
U7	100m	60mH			ON TRAC		DISC
U8	100m		300m	700mW			TURBO JAV
U9	100m		400m	700mW			TURBO JAV
U10	100m		400m	1100mW			TURBO JAV
U11	100m		400m	1100mW		L.J	DISC
U12	100m		400m	1500mW		L.J	DISC
U13	100m		400m	1500mW	200mH	L.J	SP
U14	100m		400m	1500mW	200mH	L.J	SP
U15+	100m		400m	1500mW	300mH	L.J	SP

Saturday Dec 14 Centre Program 10 P B DAY

Saturday Dec 14 LAVIC State Relay Championships

Saturday Dec 21 CHRISTMAS FUN SEAFORD GIFT & OBSTACLE COURSE

C		Saturday Jan 11		Centre Program 12			
		STRAIGHT TRACK		CIRCULAR TRACK		FIELD	
U6		50mH		300m	ON TRAC		SP
U7		50mH		500m	ON TRAC		SP
U8		50mH		700m		LJ	DISC
U9		50mH	200m	600m		LJ	DISC
U10		50mH	200m	600m		LJ	DISC
U11		80mH	200m	1500m		HJ	SP
U12		80mH	200m	1500m		HJ	SP
U13		80mH	200m	1500m		TJ	JAV
U14		G80m/90mH	200m	1500m		TJ	JAV
U15+		G90m/100mH	200m	1500m		TJ	JAV

B1		Saturday Jan 18		Centre Program 13		8am START WALKS ONLY	
		STRAIGHT TRACK		CIRCULAR TRACK		FIELD	
U6	70m		200m			L.J	VORTEX JAV
U7	70m		200m			L.J	VORTEX JAV
U8	70m		200m			HJ	
U9	70m			800m	700mW	DISC	
U10	70m			800m	700mW	HJ	
U11	70m			800m	1100mW	TJ	
U12	70m			800m	1100mW	TJ	
U13	70m			800m	1500mW		SP
U14	70m			800m	1500mW		SP
U15+	70m			800m	1500mW		SP

D		Friday Jan 24		Centre Program 14		TWILIGHT START 6pm	
SHARP		STRAIGHT TRACK		CIRCULAR TRACK		FIELD	
U6		60mH				L.J	S.P
U7		60mH				L.J	S.P
U8		60mH		700m			DISC
U9		60mH	200m	600m		H.J	
U10		60mH	200m	600m			
U11		60mH	200m	1500m		S.P	JAV
U12		60mH	200m	1500m		S.P	JAV
U13		60mH	200m	1500m		L.J	DISC
U14		60/70mH	200m	1500m		L.J	DISC
U15+		70mH	200m	1500m		L.J	DISC

A1		Friday Jan 31		Centre Program 15		TWILIGHT START 6pm SHARP	
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6	100m	60mH					SP
U7	100m	60mH					SP
U8	100m						TURBO JAV
U9	100m			700mW			TURBO JAV
U10	100m			700mW			TURBO JAV
U11	100m			1100mW		LJ	
U12	100m			1100mW		LJ	
U13	100m			1500mW	200mH	HJ	
U14	100m			1500mW	200mH	HJ	
U15+	100m			1500mW	300mH	HJ	

SAT FEB 1 & SUN FEB 2 LAVIC STATE MULTI EVENT UNDER 9- UNDER 16

SAT FEB 8 CENTRE WORKING BEE FOR SLAC OPEN DAY

**SUN FEB 9 SEAFORD OPEN DAY UNDER 6 - UNDER 16
FREE FOR ALL SEAFORD LITTLE ATHLETICS MEMBERS**

SAT FEB 15 & SUN FEB 16 LAVIC REGION TRACK AND FIELD UNDER 9 - UNDER 16

C		Saturday Feb 22		Centre Program 16			
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6		50mH		300m	ON TRAC		SP
U7		50mH		500m	ON TRAC		SP
U8		50mH		700m		LJ	DISC
U9		50mH	200m	600m		LJ	DISC
U10		50mH	200m	600m		LJ	DISC
U11		80mH	200m	1500m		HJ	SP
U12		80mH	200m	1500m		HJ	SP
U13		80mH	200m	1500m		TJ	JAV
U14		G80m/90mH	200m	1500m		TJ	JAV
U15+		G90m/100mH	200m	1500m		TJ	JAV

B		Saturday Feb 29		Centre Program 17		AGM	
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6	70m		200m		ON TRAC	L.J	VORTEX JAV
U7	70m		200m		ON TRAC	L.J	VORTEX JAV
U8	70m	60mH	200m			HJ	SP
U9	70m	60mH	800m			HJ	SP
U10	70m	60mH	800m			HJ	SP
U11	70m	60mH	800m			TJ	JAV
U12	70m	60mH	800m			TJ	JAV
U13	70m	60mH	800m	200mH		HJ	DISC
U14	70m	60/70mH	800m	200mH		HJ	DISC
U15+	70m	70mH	800m	300mH		HJ	DISC

A Friday March 6 Centre Program 18 TWILIGHT START 6pm SHARP							
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6	100m	60mH				DISC	VORTEX JAV
U7	100m	60mH				DISC	VORTEX JAV
U8	100m		300m	700mW			TURBO JAV
U9	100m		400m	700mW			TURBO JAV
U10	100m		400m	1100mW			TURBO JAV
U11	100m		400m	1100mW		L.J	DISC
U12	100m		400m	1500mW		L.J	DISC
U13	100m		400m	1500mW	200mH	H.J	SP
U14	100m		400m	1500mW	200mH	H.J	SP
U15+	100m		400m	1500mW	300mH	H.J	SP

Friday March 13 Centre Program 19 F1 TWILIGHT START 6pm SHARP							
	STRAIGHT TRACK		CIRCULAR TRACK			FIELD	
U6	100m		200m				DISC
U7	100m		200m	500m			DISC
U8	100m		200m	700m			LJ
U9	100m		400m				LJ
U10	100m		400m				SP
U11	100m		400m				DISC
U12	100m		400m				DISC
U13	100m		400m			LJ	JAV
U14	100m		400m			LJ	JAV
U15+	100m		400m			LJ	JAV

SAT MARCH 14 & SUN MARCH 15 LAVIC STATE TRACK & FIELD UNDER 9 - UNDER 16 PRESENTATIONS

SATURDAY MARCH 21 SLAC NITRO AFTERNOON UNDER 6 - UNDER 16

SATURDAY MARCH 28 WORKING BEE

