

**GUNLAC PROGRAM
WEEK 1 - 20/10/2018**

Age Group	Event 1	Event 2	Event 3	Event 4
Under 6 Boys	On Track	50 Metres	On Track	
Under 6 Girls	On Track	On Track	50 Metres	
Under 7 Girls A	Long Jump 7	Shot Put JS1	50 Metres	
Under 7 Girls B	Long Jump 8	Shot Put JS2	50 Metres	
Under 7 Boys A	50 Metres	Long Jump 7	Discus JD1	
Under 7 Boys B	50 Metres	Long Jump 8	Discus JD2	
Under 8 Girls A	Long Jump 6	100 Metres	Shot Put JS1	60 M Hurdles
Under 8 Girls B	Long Jump 5	100 Metres	Shot Put JS2	60 M Hurdles
Under 8 Boys A	Discus JD1	Long Jump 6	100 Metres	60 M Hurdles
Under 8 Boys B	Discus JD2	Long Jump 5	100 Metres	60 M Hurdles
Under 9 Girls A	Shot Put JS1	Long Jump 3	200 Metres	60 M Hurdles
Under 9 Girls B	Shot Put JS2	Long Jump 4	200 Metres	60 M Hurdles
Under 9 Boys A	Long Jump 3	Discus JD1	60 M Hurdles	200 Metres
Under 9 Boys B	Long Jump 4	Discus JD2	60 M Hurdles	200 Metres
Under 10 Girls A	Discus D1	400 Metres	High Jump (S)	60 M Hurdles
Under 10 Girls B	Discus D2	400 Metres	60 M Hurdles	High Jump (S)
Under 10 Boys A	Shot Put S1	400 Metres	60 M Hurdles	Long Jump 3
Under 10 Boys B	Shot Put S2	400 Metres	60 M Hurdles	Long Jump 4
Under 11 Girls A	Long Jump 1	60 M Hurdles	Shot Put S1	200 Metres
Under 11 Girls B	60 M Hurdles (following Under 12s)	Shot Put S2	200 Metres	Long Jump 1
Under 11 Boys A	Javelin	Long Jump 1	100 Metres	200 Metres
Under 11 Boys B	100 Metres	Javelin	Long Jump 1	200 Metres
Under 12 Girls	60 M Hurdles	Discus D2	200 Metres	High Jump 1
Under 12 Boys	60 M Hurdles	Triple Jump 2	Javelin	200 Metres
Under 13 Girls	800 Metres	Shot Put S1	100 Metres	Triple Jump 2
Under 13/14 Boys	800 Metres	Discus D1	Triple Jump 2	100 Metres
SENIOR Girls (U14-U17)	800 Metres	High Jump 1	100 Metres	Shot Put S1
SENIOR Boys (U15-17)	800 Metres	High Jump 2	100 Metres	Discus D1