

Mulgrave Athletics Club Program – Season 2024

**Age groups subject to change due to registration numbers*

Program A – 3 March, 28 April, 21 July

3-5yrs	6-7yrs	8-9yrs	10-11yrs	12+ (a)	12+ (b)
60m	60m	Long Jump	Shot Put	Long Jump	60m
Long Jump	Vortex	800m	100m	800m	Shot Put
80m	Discus	Shot Put	Long Jump	Javelin	100m
Shot Put	100m	Discus	200m	60m	Hammer
100m	Long Jump	80m	Vortex	Discus	80m
	80m	Vortex	400m	100m	Weight

Program B – 10 March, 12 May, 28 July

3-5yrs	6-7yrs	8-9yrs	10-11yrs	12+ (a)	12+ (b)
Shot Put	Discus	Shot Put	800m/1500 m Run/Walk	800m/1500 m Run/Walk	100m
100m Walk	100m Walk	Long Jump	High Jump	Triple Jump	Discus
Discus	Shot Put	300m Walk	100m	400m	Weight
60m	60m	High Jump	Discus	High Jump	60m
Vortex	Long Jump	100m	200m	Shot Put	Long Jump
	100m			100m	Javelin

Program C – 17 March, 19 May, 28 July

3-5yrs	6-7yrs	8-9yrs	10-11yrs	12+ (a)	12+ (b)
Discus	100m Walk	High Jump	800m/1500m Run/Walk	800m/1500m Run/Walk	Weight
60m	Shot Put	60m	Discus	Javelin	Shot Put
Long Jump	60m	Long Jump	Vortex	200m	80m
Vortex	Discus	200m	60m	High Jump	Hammer
100m Walk	100m	Discus	High Jump	100m	Triple Jump/High Jump
	Vortex	300m Walk	Shot Put	Discus	

Program D – 24 March, 26 May, 25 August

3-5yrs	6-7yrs	8-9yrs	10-11yrs	12+ (a)	12+ (b)
mini Hurd	Hurdles	Hurdles	Hurdles	Hurdles	60m
Discus	Shot Put	Shot Put	Long Jump	Triple Jump	Javelin
Long Jump	Vortex	Discus	800m	200m	200m
Shot Put	80m	200m	Shot Put	Shot Put	Long Jump
100m	Long Jump	Vortex	Discus	Long Jump	Discus
	60m	100m	100m	60m	Shot Put

Program E – 14 April, 23 June, 1 September

3-5yrs	6-7yrs	8-9yrs	10-11yrs	12+ (a)	12+ (b)
mini Hurd	Hurdles	Hurdles	Hurdles	High Jump	Javelin
Vortex	Long Jump	Shot Put	Discus	1500m	100m
100m	Shot Put	60m	1500m	Discus	Long Jump
Long Jump	80m	Long Jump	Vortex	200m	60m
80m	Discus	100m	Long Jump	Javelin	Hammer
	Vortex	Discus	100m	100m	Weight

Mixed Age - 21 April, 7 July, 8 September, 15 September

3-5yrs	Group A	Group B	Group C	Group D	Group E
Shot Put	Discus	800m/1500m	Long Jump	Shot Put	800m/1500m
80m	60m	Vortex	Shot Put	80m	Discus
Long Jump	Vortex	Shot Put	100m	Discus	100m
60m	200m	Long Jump	Discus	200m	Shot Put
Discus	Long Jump	80m	60m	Vortex	Long Jump