

# LIGHTNING RUNNING CLUB

## Track and Field – 2012

### AGE GROUP EVENTS

<u>EVENTS</u>	<u>Born 2005/2004 7 &amp; 8 (Primary)</u>	<u>Born in 2003/2002 9 &amp; 10 (Bantam)</u>	<u>Born 2001/2000 11 &amp; 12 (Midget)</u>	<u>Born 1999/1998 13 &amp; 14 (Youth)</u>
100 meter dash	YES	YES	YES	YES
200 meter dash	YES	YES	YES	YES
400 meter dash	YES	YES	YES	YES
800 meter run	YES	YES	YES	YES
1,500 meter run	NO	YES	YES	YES
3,000 meter run	NO	NO	YES	YES
1,500 meter racewalk	NO	YES	YES	NO
3,000 meter racewalk	NO	NO	NO	YES
80 meter hurdles	NO	NO	YES	NO
100 meter hurdles	NO	NO	NO	YES
200 meter hurdles	NO	NO	NO	YES
Long jump	YES	YES	YES	YES
Triple jump	NO	NO	NO	YES
High jump	NO	YES	YES	YES
Pole vault	NO	NO	NO	YES
Shot put	YES	YES	YES	YES
Discus throw	NO	NO	YES	YES
Turbo-javelin	NO	YES	YES	NO
Javelin	NO	NO	NO	YES
4 x 100 meter relay	YES	YES	YES	YES
4 x 400 meter relay	NO	YES	YES	YES
4 x 800 meter relay	NO	NO	YES	YES