

Age Group	HDLAC Championships Program 1										HDLAC Championships Program 2										HDLAC Championships Program 3									
Track Event	6	7	8	9	10	11	12	13	14	15	6	7	8	9	10	11	12	13	14	15	6	7	8	9	10	11	12	13	14	15
Sprint Hurdles	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓																				
200/300m Hurdles																		✓	✓	✓										
70m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	☺	☺	☺	☺	☺	☺	☺													
100m																					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
150m											✓	✓																		
200m																					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m													✓	✓	✓	✓	✓	✓	✓	✓										
800m																														
1500m																														
700m Walk																														
1100m Walk																														
1500m Walk																														
Field Event	6	7	8	9	10	11	12	13	14	15	6	7	8	9	10	11	12	13	14	15	6	7	8	9	10	11	12	13	14	15
Shot Put		✓					✓		✓	✓			✓		✓			✓			✓			✓		✓				
Discus			✓		✓			✓			✓			✓		✓						✓				✓		✓	✓	✓
Vortex / Turbo Jav / Jav	✓			✓		✓						✓					✓		✓	✓			✓		✓		✓			
High Jump			✓			✓									✓			✓	✓	✓				✓			✓			
Long Jump	✓	✓		✓	✓		✓				☺	☺	✓	☺		✓					☺	☺	☺		☺			✓	✓	✓
Triple Jump								✓	✓	✓							✓								✓					
ASAP																														

☺ event offered but non-championship event