

Track Run Sheet Season 2015/16 as at 3rd Nov 15

| Block A | Block B | Block C |
|--|----------------|---|
| 35m (U6) | 1500m (U11) | 500m (U8) |
| 400m (U9) | 1500m (U12) | 60m HURDLES (Training) U6 |
| 400m (U10) | 1500m (U13) | 60m HURDLES (Training) U7 |
| 400m (U11) | 1500m (U14-17) | 800m (U9) |
| 800m (U12) - can be run alongside 100m | 70m (U8) | 800m (U11) |
| 800m (U13) - can be run alongside 100m | 70m (U9) | 800m (U10) |
| 800m (U14-17 - can be run alongside 100m | 70m (U10) | 100m (U7) |
| 100m (U6) | 70m (U6) | 100m (U8) |
| 100m (U7) | 70m (U7) | 100m HURDLES (76cm - top height on Yellow) U15-17 BOYS 90m HURDLES (76cm - top height on White) U14 BOYS & U15-17 GIRLS 80m HURDLES (76cm - top height on Red) U13 B&G & U14 GIRLS |
| 100m (U8) | 200m (U11) | 60m HURDLES (68cm - down one notch on Blue) U12 |
| 100m (U9) | 200m (U12) | 60m HURDLES (60cm - down another notch on Blue) U11 |
| 100m (U10) | 200m (U13) | 60m HURDLES (60cm - same as U11 on Blue) U10 |
| 100m (U11) | 200m (U14-17) | 60m HURDLES (45cm - lowest setting on Blue) U9 |
| 100m (U12) | 200m (U7) | 60m HURDLES (45cm - lowest setting on Blue) U8 |
| 100m (U13) | 200m (U8) | 400m (U12) |
| 100m (U14-17) | 200m (U9) | 400m (U13) |
| 70m (U7) | 200m (U10) | 400m (U14-17) |
| 70m (U8) | | |
| 70m (U9) | | |
| | | Alternate Block C |
| | | 200m HURDLES (76cm) U14-17 Boys & Girls 200m HURDLES (68cm) U13 Boys & Girls |