

2024/25 UWALAC Competition Program - Roster 1

| Roster 1 Dates | | | | | | | | | | | | | | | | | | | |
|--|-------------------------|-----------|------------|-------------------------|---------|-------------------------|-------------------------|-------------------------|-----------------|----------|--------------|-------------------------|-------------------------|-------------|-----------------------|----------|----------|--------------------|--------------|
| 26th Oct | | | 9th Nov | | | 30th Nov | | | 13 Dec (Friday) | | | 23rd Jan (Thursday) | | | 8th Feb | | 1st Mar | | |
| Note: 23rd November- Saturday from 4pm - BIG 6 | | | | | | | | | | | | | | | | | | | |
| U6 | | U7 | | U8 | | U9 | | U10 | | U11 | | U12 | | U13 | | U14 | U15 | U16/17 | U14/15/16/17 |
| 6/7 F (18) | M (9) | M (26) | F (34) | M (26) | F (24) | M (27) | F (34) | M (31) | F (32) | M (33) | F (29) | M (33) | F (20) | M (26) | F (19) | F (22) | G (17) | M (13) | |
| Warm Up and Move to Site | | | | | | | | | | | | | | | | | | | |
| Wolfpack - 1500m | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | 7.45 |
| 70m (1) | | | Turbo (J1) | High Jump S (HJ1 & HJ2) | | | Turbo (J2) | High Jump S (HJ3 & HJ4) | 1500m | | Discus (D2) | Long Jump (LTJ1 & LTJ2) | 200m H (4) | | | 100m (2) | 100m (2) | Javelin (J3) | 8.00 |
| | 70m (1) | 70m (1) | | | | | | | | 1500m | | | 200m H (3) | | | | | | 8.05 |
| Shot (S3) | Long Jump (LTJ5 & LTJ6) | Shot (S2) | | | 70m (3) | 70m (2) | | | | | | | Long Jump (LTJ3 & LTJ4) | | 200m H (4) | | | 200m H (U14) | 8.10 |
| | | | 70m (1) | | | | | | Discus (D1) | | | | 1500m | | | | | 300m H (3) | 8.15 |
| | | | | | | | | | | | | | | | | | | 300m H - U15/16/17 | 8.20 |
| | | | | | 70m (2) | Turbo (J1) | Turbo (J2) | | | | Javelin (J3) | 1500m | | Discus (D2) | Long Jump (LJ3 & LJ4) | | | | 8.25 |
| | | | | | | | | 70m (3) | | | | | | | | | | High Jump F (HJ5) | 8.30 |
| | | | | | | | | | | | | | | | | | | High Jump F (HJ6) | 8.35 |
| | | | | | | | | 70m (3) | | | | | 400m (2) | | | | | | 8.40 |
| | | | | | | | | | | | | | | | | | | 1500m | 8.45 |
| | | | | | | | | | | | | | | | | | | | 8.50 |
| | | | | | | | | | | | | | | | | | | | 8.55 |
| 100m (1) | 100m (1) | | | High Jump S (HJ3 & HJ4) | | High Jump S (HJ1 & HJ2) | Long Jump (LTJ1 & LTJ2) | | | | | Long Jump (LTJ3 & LTJ4) | | | High Jump F (HJ5 & 6) | | | Long Jump (LTJ6) | 9.00 |
| | | | | | | | | 400m (4) | | | | | | | | | | Shot (S2) | 9.05 |
| | | | | | | | | | | | | | | | | | | | 9.10 |
| Long Jump (LTJ5) | Shot (S3) | 100m (3) | | | | | | | | 400m (4) | | | | | | | | | 9.15 |
| | | | | | | | | | | | | | | | | | | | 9.20 |
| | | | | | | | | | | | | | | | | | | | 9.25 |
| | | | | | | | | | | | | | | | | | | | 9.30 |
| | | | | | | | | | | | | | | | | | | | 9.35 |
| | | | | | | | | | | | | | | | | | | | 9.40 |
| | | | | | | | | | | | | | | | | | | | 9.45 |
| | | | | | | | | | | | | | | | | | | | 9.50 |
| | | | | | | | | | | | | | | | | | | | 9.55 |
| 300m | | | | | | | | | | | | | | | | | | | 10.00 |
| | 300m | | | | | | | | | | | | | | | | | | 10.05 |
| | | | | | | | | | | | | | | | | | | | 10.10 |
| | | | | | | | | | | | | | | | | | | | 10.15 |
| | | | | | | | | | | | | | | | | | | | 10.20 |
| | | | | | | | | | | | | | | | | | | | 10.25 |