LAKE CHARLES WARD 3 RECREATION EVENTS BY AGE DIVISIONS

## 5/6 Division

Softball Throw, Standing Long Jump, 30 Meter Dash, 50 Meter Dash, 100 Meter Dash,
200 Meter Dash, 400 Meter Run and 4 x 50 Meter Relay

## 7/8 Division:

Turbo Javelin (SHORT/300), Softball Throw, Standing Long Jump,
Long Jump, 50 Meter Dash, 100 Meter Dash, 200 Meter Dash,
400 Meter Run, 800 Meter Run, 4 x 100 Meter Relay and 4 x 200 Meter Relay

## 9/10 Division:

High Jump, Turbo Javelin (SHORT/400), Discus (1K), Shot Put (6LBS), Long Jump,
100 Meter Dash, 200 Meter Dash, 400 Meter Run, 600 Meter Run, 800 Meter Run, 1600 Meter Run,
60 Meter Hurdles (22”), 4 x 100 Meter Relay and 4 x 200 Meter Relay

## 11/12 Division:

High Jump, Turbo Javelin (LONG/500), Discus (1K), Shot Put (6LBS), Long Jump, Triple Jump,
100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 3200 Meter Run,
60 Meter Hurdles (24”), 4 x 100 Meter Relay, 4 x 200 Meter Relay and 4 x 400 Meter Run

## 13/14 Division:

High Jump, Turbo Javelin (LONG/500), Discus (1K), Shot Put (6LBS), Long Jump, Triple Jump,
100 Meter Dash, 200 Meter Dash, 400 Meter Run, 800 Meter Run, 1600 Meter Run, 3200 Meter Run,
60 Meter Hurdles (26”), 4 x 100 Meter Relay, 4 x 200 Meter Relay and 4 x 400 Meter Run

Lake Charles
ATHLETICS