

CLAC - PROGRAM C

	8.30am	8.45am	9.00am	9.15am	9.30am	9.45am	10.00am	10.15am	10.30am	10.45am	11.00am	11.15am
U6 B & G			On Track 9:00am - 10:30am									
					70M	LJ (TJ 4)						
U7 BOYS - A	Warm Up	LJ (TJ 3)			70M	DIS 1			400M			
U7 BOYS - B	Warm Up	LJ (TJ 4)			70M	DIS 2			400M			
U7 GIRLS	Warm Up	DIS 1			70M	LJ (TJ 3)			400M			
U8 BOYS - A	Warm Up	LJ 1		60H		SP 1			400M			
U8 BOYS - B	Warm Up	LJ 2		60H		SP 2			400M			
U8 GIRLS	Warm Up	SP 3 in Disc 2 Ring		60H		400M		HJ S				
U9 BOYS	Warm Up	SP 1		60H		LJ 1		400M		700 W		
U9 GIRLS	Warm Up	SP 2		60H		LJ 2		400M		700 W		
U10 BOYS - A	Warm Up	Turbo JAV		60H		HJ S		400M		1100 W		
U10 BOYS - B	Warm Up	HJ S		60H		Turbo JAV		400M		1100 W		
U10 GIRLS	Warm Up		60H	LJ (TJ 3)			400M	SP 3 in Disc 2 Ring		1100 W		
U11 BOYS	Warm Up		60H	LJ 1		400M		SP 1		1100 W		
U11 GIRLS	Warm Up		60H	LJ 2		400M		SP 2		1100 W		
U12 BOYS	Warm Up	60H		HJ B			400M	JAV			1500 W	
U12 GIRLS	Warm Up	60H		JAV		400M	HJ B				1500 W	
U13 BOYS	80H			DIS 1		400M		TJ 3			1500 W	
U13 GIRLS	80H			DIS 2			400M	TJ 4			1500 W	
U14 - 16 BOYS	80-100H			SP 1			400M	LJ 1			1500 W	
U14 - 16 GIRLS	80-100H			SP 2			400M	LJ 2			1500 W	

LJ 1 - Long Jump Pit 1 North Rd End

TJ 3 - Triple Jump Pit 3 North Rd End

DISC 1 - North Rd End

LJ 2 - Long Jump Pit 2 Oval End

TJ 4 - Triple Jump Pit 4 Oval End

DISC 2 - Oval End

The program cannot commence until all official positions are filled.

Please sign in for DUTY as soon as you arrive

Please note that we will endeavour to run all programs to schedule however the Centre Executive reserves the right to adjust the events or the timetable at any time. Please listen to all announcements on the day to ensure you are informed of any changes.