

CLAC - PROGRAM B

	8.30am	8.45am	9.00am	9.15am	9.30am	9.45am	10.00am	10.15am	10.30am	10.45am	11.00am
U6 B & G			On Track 9:00am - 10:30am								
			LJ 1 & 2		100M						
U7 BOYS	Warm Up	LJ 1	200M		SP 1	70M					
U7 GIRLS	Warm Up	LJ 2	200M		SP 2	70M					
U8 BOYS - A	Warm Up	HJ Scissor		200M	SP 3	70M					
U8 BOYS - B	Warm Up	SP 1	200M	HJ Scissor		70M					
U8 GIRLS	Warm Up	SP 2	200M		LJ 2	70M					
U9 BOYS	Warm Up	DIS 1		200M	LJ (TJ 3)	800M			70M		
U9 GIRLS	Warm Up	DIS 2		200M	LJ (TJ 4)	800M			70M		
U10 BOYS	Warm Up	TJ 3		200M	DIS 1	800M			70M		
U10 GIRLS	Warm Up	Turbo JAV On Side		200M	800M		HJ Scissor			70M	
U11 BOYS - A	Warm Up	200M		DIS 1		100M	TJ 3			1500M	
U11 BOYS - B	Warm Up	200M		DIS 2		100M	TJ 4			1500M	
U11 GIRLS	Warm Up	200M	HJ S			100M		JAV		1500M	
U12 BOYS	Warm Up		200M	TJ 3		100M	DIS 1		1500M		
U12 GIRLS	Warm Up		200M	TJ 4		100M	DIS 2		1500M		
U13 BOYS	Warm Up		200M	SP 1	100M		LJ 1		1500M		
U13 GIRLS	Warm Up		200M	SP 2	100M		LJ 2		1500M		
U14 - 16 BOYS	Warm Up	200M	HJ B		100M	JAV		1500M			
U14 - 16 GIRLS	Warm Up		200M	JAV	100M	HJ B		1500M			

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.

Key

LJ 1 - Long Jump Pit 1 North Rd End

LJ 2 - Long Jump Pit 2 Oval End

TJ 3 - Triple Jump Pit 3 North Rd End

TJ 4 - Triple Jump Pit 4 Oval End

SP 1 - Shot Put North Rd End

SP 2 - Shot Put Oval End

SP 3 - Shot Put at Red Shed

DIS 1 - North Rd End

DIS 2 - Oval End

HJ S - High Jump - Embankment Side

HJ B - High Jump - Pavilion Side

HJ Scissor - High Jump Scissor Mat at Red Shed

Jav - Javelin Runway

Turbo Jav On Side - Turbo Jav at Red Shed