

CLAC - PROGRAM A

	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										
					Shot Put - 1	200M					
U7 BOYS	Warm Up		Long Jump - 1	200M			Shot Put - 1	100M			
U7 GIRLS	Warm Up		Long Jump - 2	200M			Shot Put - 2	100M			
U8 BOYS - A	Warm Up		Long Jump - 3	200M			Discus - 1		100M		
U8 BOYS - B	Warm Up		Long Jump - 4		200M		Discus - 2		100M		
U8 GIRLS	Warm Up		Discus - 1		200M		Long Jump - 3		100M		
U9 BOYS - A	Warm Up		200M		Turbo Jav - 2		100M		High Jump - 3		800M
U9 BOYS - B	Warm Up		Turbo Jav - 2	200M			High Jump - 3		100M		800M
U9 GIRLS	Warm Up		High Jump - 3	200M			Turbo Jav - 2	100M		800M	
U10 BOYS	Warm Up		Shot Put - 2		200M		Long Jump - 1	800M		100M	
U10 GIRLS	Warm Up		Shot Put - 1	200M			Long Jump - 2	800M		100M	
U11 BOYS - A	Warm Up		Javelin - 1	200M			High Jump - 1	100M		800M	
U11 BOYS - B	Warm Up		High Jump - 1			200M	100M		Javelin - 1		800M
U11 GIRLS	Warm Up		200M		Shot Put - 2		100M		Long Jump - 1		800M
U12 BOYS	Warm Up		200M		Long Jump - 1		800M		Shot Put - 1	100M	
U12 GIRLS	Warm Up		200M		Long Jump - 3		800M		Shot Put - 2	100M	
U13 BOYS	Warm Up	200H			High Jump - 2		100M		800M		Javelin - 1
U13 - 16 GIRLS	Warm Up	200-300H			Javelin - 1	100M			High Jump - 2		800M
U14 - 16 BOYS	Warm Up	200-300H			Discus - 1		100M		Triple Jump - 3	800M	

Please sign in for DUTY as soon as you arrive. The program cannot commence until all official positions are filled.

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.

