

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.

