

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
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		On Track 9:00am - 10:30am								
U6 B & G			Long Jump - 1	100M						
U7 BOYS	Warm Up	Long Jump - 1	200M		Shot Put - 1	70M				
U7 GIRLS	Warm Up	Long Jump - 2	200M		Shot Put - 2	70M				
U8 BOYS - A	Warm Up	High Jump - 3		200M	Shot Put - 3			70M		
U8 BOYS - B	Warm Up	Shot Put - 3	200M	High Jump - 3				70M		
U8 GIRLS	Warm Up	Shot Put - 2		200M	Long Jump - 2			70M		
U9 BOYS - A	Warm Up	Discus - 1	200M		Long Jump - 3		800M		70M	
U9 BOYS - B	Warm Up	Discus - 2	200M		Long Jump - 4		800M		70M	
U9 GIRLS	Warm Up	Long Jump - 4		200M		800M		70M	Discus - 1	
U10 BOYS	Warm Up	Triple Jump - 3		200M	Discus - 1		800M		70M	
U10 GIRLS	Warm Up	200M		Turbo Jav - 2	800M		High Jump - 2			70M
U11 BOYS - A	Warm Up	200M		Discus - 1	100M		Triple Jump - 3		1500M	
U11 BOYS - B	Warm Up	200M		Discus - 2	100M		Triple Jump - 4		1500M	
U11 GIRLS	Warm Up	200M	High Jump - 2		100M		Javelin - 1		1500M	
U12 BOYS	Warm Up	200M	Triple Jump - 3		100M		Discus - 1			1500M
U12 GIRLS	Warm Up	200M	Triple Jump - 4		Discus - 2		100M			1500M
U13 BOYS	Warm Up	200M	Shot Put - 1		100M		Long Jump - 1			1500M
U13 - 16 GIRLS	Warm Up	200M	Shot Put - 2		100M		Long Jump - 2			1500M
U14 - 16 BOYS	Warm Up	200M	Long Jump - 2		100M		Shot Put - 2			1500M

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.

