

Season 2011-2012 Program A

	7.45am	8.00am	8.15am	8.30am	8.45am	9.00am	9.15am	9.30am	9.45am	10.00am	10.15am	10.30am	10.45am
U6 B & G	9.00AM-10:30AM UNDER 6 ON TRACK												
U7 BOYS		WarmUp	100M		Obstacle course	LJ 1		200M		SP 2			
U7 GIRLS		WarmUp	100M		Obstacle course	SP 2		200M		LJ 2			
U8 BOYS-1		WarmUp	100M		SP 1			200M		LJ 1		400M	
U8 BOYS-2		WarmUp	100M		LJ 1			200M		SP 1		400M	
U8 GIRLS		WarmUp	100M		LJ 2			200M		DIS 2		400M	
U9 BOYS		WarmUp	100M		HJ S			200M	TJ 4			400M	
U9 GIRLS		WarmUp		100M		TJ 4		200M	SP 1			400M	
U10 BOYS-1		WarmUp		100M		HJ B		200M		TJ 3			400M
U10 BOYS-2		WarmUp		100M		TJ 3		200M			HJ B		400M
U10 GIRLS		WarmUp	HJ S		100M	DIS 2		200M				400M	
U11 BOYS		WarmUp	LJ 1		100M		HJ B		200M			400M	
U11 GIRLS		WarmUp	TJ 3		100M	HJ S			200M				400M
U12 BOYS		WarmUp	SP 2		100M		LJ 2		200M				400M
U12 GIRLS		WarmUp	JAV			100M		DIS 2		200M			400M
U13 BOYS		WarmUp	DIS 1			100M			TJ 3		200M		400M
U13 GIRLS		WarmUp	HJ B			100M			DIS 1		200M		400M
U14 BOYS		WarmUp		JAV		100M			LJ 1		200M		400M
U14 GIRLS		WarmUp	HJ B			100M				200M	TJ 3		400M
U15 BOYS		WarmUp		JAV		100M			LJ 1		200M		400M
U15 GIRLS		WarmUp		JAV		100M			200M			SP 1	400M