

Season 2010-2011

Program Four

Date \_\_\_\_\_

|           | 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 | 11:00am | 11:15am |
|-----------|--|--------|--------|--------|--------|--------|--------|--------|--------|---------|----------|---------|---------|---------|---------|
| U6 B & G  | <b>On Track Program 9.30am - 11.00am</b> |        |        |        |        |        |        |        |        |         |          |         |         |         |         |
| U7 Boys   | WarmUp                                   | 100m   |        |        | LJ 1   |        | 200M   |        | SP2    |         | Hurdle   |         |         |         |         |
| U7 Girls  | WarmUp                                   | 100m   |        |        | SP2    |        | 200M   |        | LJ2    |         | Training |         |         |         |         |
| U8 Boys   | WarmUp                                   | 100m   |        |        | SP1    |        | 200m   |        | LJ1    |         | 400M     |         |         |         |         |
| U8 Girls  | WarmUp                                   | 100m   |        |        | LJ3    |        | 200M   |        | DIS2   |         | 400M     |         |         |         |         |
| U9 Boys   |  | 100M   | HJ(S)  |        |        |        | 200M   | TJ4    |        |         | 400M     |         | LJ2     |         |         |
| U9 Girls  |  | SP1    |        | 100M   | TJ4    |        |        | 200M   |        |         | 400M     | LJ1     |         |         |         |
| U10 Boys  |  |        | 100M   |        | HJ(B)  |        |        | 200M   |        | TJ3     |          | 400M    | DIS2    |         |         |
| U10 Girls | HJ(S)                                    |        |        | 100M   | DIS2   |        |        | 200M   |        |         | TJ4      | 400M    |         |         |         |
| U11 Boys  |  | LJ1    |        | 100M   | DIS1   |        | JAV    |        | 200M   |         |          | 400M    | HJ(B)   |         |         |
| U11 Girls | JAV                                      | TJ3    |        | 100M   |        | HJ(S)  |        |        | 200M   | SP1     |          | 400M    |         |         |         |
| U12 Boys  | JAV                                      | SP2    |        | 100M   |        | LJ2    |        | 200M   |        | DIS1    |          |         | 400M    |         |         |
| U12 Girls |  | TJ4    |        | JAV    | 100M   |        | DIS2   |        | 200M   |         | LJ2      |         | 400M    |         |         |
| U13 Boys  |  | DIS1   |        |        | 100M   |        | HJ(B)  |        | 200M   |         |          | 400M    | TJ3     |         | JAV     |
| U13 Girls |  | LJ2    |        |        | 100M   |        | DIS1   |        | 200M   | HJ(B)   |          |         | 400M    |         | JAV     |
| U14 Boys  |  | JAV    |        |        | 100M   |        | LJ1    |        | 200M   |         | SP2      |         |         | 400M    |         |
| U14 Girls | HJ(B)                                    |        |        |        | 100M   |        | TJ3    |        |        | 200M    | DIS2     |         |         | 400M    |         |
| U15 Boys  |  |        | JAV    |        | 100M   |        | LJ1    |        |        | 200M    | SP2      |         |         | 400M    |         |
| U15 Girls |  |        | JAV    |        | 100M   |        | LJ1    |        |        | 200M    | SP2      |         |         | 400M    |         |

The daily 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 may see reason to change events and or order for various reasons. Please listen to all announcements on the day