

Program 3	8.00	8.15	8.30	8.45	9.00	9.15	9.30	9.45	10.00	10.15	10.30	10.45	11.00
U6 BOYS	On Track Program 9:00am - 10:30am												
U6 GIRLS													
U7 BOYS	WarmUp	70M		DIS		100M		400D	LJ				
U7 GIRLS	WarmUp	70M		SP		100M		400D		LJ			
U8 BOYS	WarmUp		60 H	HJ		100M	SP		400D				
U8 GIRLS	WarmUp		60 H	LJ		100M		400D	DIS				
U9 BOYS	WarmUp	LJ		60 H		100M	DIS			400M		TJ	
U9 GIRLS	WarmUp	LJ		60 H		100M	DIS			400M		TJ	
U10 BOYS	WarmUp	SP		60 H	TJ		100M	HJ		400M			
U10 GIRLS	WarmUp	SP		60 H			100M	TJ		400M	DIS		
U11 BOYS	JAV			60 H	LJ		100M		SP		400M		1500W
U11 GIRLS	JAV			60 H		100M	TJ			400M	HJ		1500W
U12 BOYS	JAV			60 H	SP		100M	HJ		400M			1500W
U12 GIRLS	JAV			60 H	HJ		100M			400M	LJ		1500W
U13 BOYS	300H	DIS			100M		LJ		400M		SP		1500W
U13 GIRLS	300H	DIS			100M		LJ		400M		SP		1500W
U14 BOYS	300H	DIS			100M		LJ		400M		SP		1500W
U14 GIRLS	300H	DIS			100M		LJ		400M		SP		1500W
U15 BOYS	300H	DIS			100M		LJ		400M		SP		1500W
U15 GIRLS	300H	DIS			100M		LJ		400M		SP		1500W