

HDLAC Programme: P18 (2009/2010) – 13 March 2010

	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14-U17
6:30		SETUP – U11-12 PARENTS								
7:30		1500m or 3000m available*								
8:00 to 8:30	Directed Activities	SEPTATHLON PRESENTATION								
8:30		Lap of Honour by U15/U17 athletes then WARM UP by U6/U14 athletes								
8:45 to 9:15		LJ	500	100	200	DISC	LJ	SP 60H [SP]	100	HJ JAV [JAV]
9:15 to 9:45		300 (o)	LJ	SP	DISC	200	60H [100]	100	JAV	100
9:45 to 10:15		50	200 (o)	700	HJ [400]	SP	200	DISC TJ [DISC]	LJ	400
10:15 to 10:45		SP	70	LJ	100	60H [800]	DISC	200	800	LJ
10:45 To 11:15		100 (a)	SP	DISC	LJ	100	800	HJ 800 [800]	200H 200 [200]	200H 200 [200]

* **1500m / 3000m** athletes should register on line to ensure that a starter and timekeeper are available. Be at the oval at the marshalling point ready to start at 7:30am.
 (a) Hurdles track (b) No 1+2 (c) No 3 (i) Inner (o) Outer. Where there is a choice of events, athletes may compete in only one of the events shown. Age managers should consider combining Boy/Girl groups for field events. Heats for track events should be separate genders. Pack starts may be combined.
Javelin can be done from 8:45am to 9:45am, but is linked to the specified timeslot. **WET WEATHER** changes shown in square brackets, eg [800 (o)]