

HDLAC Septathlon Program (2011/2012) – 25 February 2012

	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15-17
6:30		SETUP BY U10 PARENTS									
7:45		AGE MANAGER & OFFICIALS BRIEFING / ATHLETES WARMUP									
8:00 to 8:30	LJ	300	100	60H	SP	HJ	DISC	800	JAV	JAV	JAV
8:30 to 9:00		B:SP (c)	LJ	100	60H	SP	800	DISC	100	Buffer for JAV if required	
9:00 tp 9:30	Directed activities	G: 70		500	LJ	800	60H	SP	HJ	DISC	100
		B: 70									
9:30 to 10:00		100	DISC	700	LJ	100	60H	SP	800	LJ	LJ
10:00 to 10:30		LJ	200	DISC	100	LJ	HJ	60H	SP	800	800
10:30 to 11:00			B:SP (c)	200	DISC	800	100	LJ	80H	G: 80H	SP
			G:70							B: SP	
11:00 to 11:30			B:70	SP	200	DISC	LJ	100	LJ	G: SP(d)	90H-100H
			G:SP (c)							B: 90H	
11:30 to 12:00	LEGEND: (c) No. 3; (d) with the U8s. U6 are required to compete in the 4 specified events to qualify for a Septathlon award. U7-U17 must compete in 7 specified events to qualify for a Septathlon award but counting only the best 6 performances from the 7 events. This competition is for athletes registered with HDLAC only. Visitors from other Clubs or Centres are not eligible for a Septathlon award.									DISC	DISC