

HDLAC Program - P1

	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15-U17		
7:30					700W*			1100W*		1500W*			
					1500m*			1500m, 300m*					
7:50	Warm Up												
8:00 to 8:35	Directed Activities	Discus 3 (Grass)	Circular Track	Runway 3	Straight Track	Runway 1	Straight Track	Discus 1	Circular Track	High Jump 1	High Jump 2	Girls	
		DISC	500	LJ	100	LJ	100	DISC	200H	HJ	HJ		
Discus 4 (Grass)		Circular Track	Runway 4	Straight Track	Runway 2	Straight Track	Discus 2	Circular Track	High Jump 1	High Jump 2	Boys		
8:35 to 9:10		Circular Track	Shot Put 4 (Grass)	Straight Track	Runway 3	Straight Track	Javelin 1	Hurdles Track	Runway 1	Circular Track	Circular Track	Girls	
		300	SP	100	LJ	100	JAV	60H	TJ/LJ	200H	300H		
Circular Track		Shot Put 3	Straight Track	Runway 4	Straight Track	Javelin 2	Hurdles Track	Runway 2	Circular Track	Circular Track	Boys		
9:10 to 9:45		Shot Put 4 (Grass)	Straight Track	Discus 3 (Grass)	Circular Track	Discus 1	Hurdles Track	High Jump 1	Straight Track	Runway 1	Shot Put 1	Girls	
		SP	50	DISC	400	DISC	60H	HJ	100	LJ	SP		
Shot Put 3		Straight Track	Discus 4 (Grass)	Circular Track	Discus 2	Hurdles Track	High Jump 2	Straight Track	Runway 2	Shot Put 2	Boys		
9:45 to 10:20		Straight Track	Discus 3 (Grass)	Circular Track	Shot Put 1	Hurdles Track	Runway 1	Circular Track	Discus 1	Straight Track	Runway 3	Girls	
		50	DISC	400	SP	60H	TJ/LJ	800	DISC	100	LJ		
Straight Track		Discus 4 (Grass)	Circular Track	Shot Put 2	Hurdles Track	Runway 2	Circular Track	Discus 2	Straight Track	Runway 4	Boys		
10:20 to 10:55	Runway 3	Straight Track	Shot Put 4 (Grass)	Hurdles Track	Scissor Mat 1	Circular Track	Runway 1	Circular Track	Shot Put 1	Straight Track	Girls		
	LJ	70	SP	60H	HJ (S)	800	LJ	400	SP	100			
Runway 4	Straight Track	Shot Put 3	Hurdles Track	Scissor Mat 2	Circular Track	Runway 2	Circular Track	Shot Put 2	Straight Track	Boys			
10:55 to 11:30	Straight Track	Runway 1	Hurdles track	Discus 1	Circular Track	Shot Put 1	Straight Track	Javelin 1	Circular Track	Circular Track	Girls		
	70	LJ	60H	DISC	400	SP	100	JAV	400	400			
Straight Track	Runway 2	Hurdles track	Discus 2	Circular Track	Shot Put 2	Straight Track	Javelin 2	Circular Track	Circular Track	Boys			