

HDLAC Program - P2

	Tots	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15-U17	
7:30					1500m*			1500m, 300m*				
					700W*	1100W*		1500W*				
7:50	Warm Up											
8:00 to 8:35	Directed Activities	Straight Track	Runway 2	Circular Track	Circular Track	Circular Track	Discus 1	Hurdles Track	High Jump 1	Circular Track	Javelin 1	Girls
		70	LJ	700	200	800	DISC	60H	HJ	200	JAV	
Straight Track		Runway 1	Circular Track	Circular Track	Circular Track	Discus 2	Hurdles Track	High Jump 2	Circular Track	Javelin 2	Boys	
8:35 to 9:10		Shot Put 3	Straight Track	Runway 4	Discus 3 (Grass)	Discus 2	Circular Track	Javelin 1	Hurdles Track	Runway 2	Circular Track	Girls
SP		70	LJ	DISC	DISC	200	JAV	80H	TJ/LJ	800		
Shot Put 4 (Grass)		Straight Track	Runway 3	Discus 4 (Grass)	Discus 1	Circular Track	Javelin 2	Hurdles Track	Runway 1	Circular Track	Boys	
9:10 to 9:45		Circular Track	Shot Put 1	Straight Track	Circular Track	Straight Track	High Jump 1	Circular Track	Runway 2	Hurdles Track	Discus 1	Girls
200		SP	70	800	70	HJ	400	LJ	80H/90H	DISC		
Circular Track		Shot Put 2	Straight Track	Circular Track	Straight Track	High Jump 2	Circular Track	Runway 1	Hurdles Track	Discus 2	Boys	
9:45 to 10:20		Discus 1	Circular Track	Shot Put 3	Runway 4	Runway 2	Straight Track	Shot Put 1	Circular Track	Javelin 1	Circular Track	Girls
DISC		200	SP	LJ	LJ	100	SP	800	JAV	200		
Discus 2		Circular Track	Shot Put 4 (Grass)	Runway 3	Runway 1	Straight Track	Shot Put 2	Circular Track	Javelin 2	Circular Track	Boys	
10:20 to 10:55	Straight Track	Discus 1	Circular Track	Scissors Mat 1	Circular Track	Runway 3	Circular Track	Shot Put 1	Circular Track	Runway 1	Girls	
100	DISC	200	HJ (S)	200	LJ	200	SP	800	TJ/LJ			
Straight Track	Discus 2	Circular Track	Scissors Mat 2	Circular Track	Runway 4	Circular Track	Shot Put 2	Circular Track	Runway 2	Boys		
10:55 to 11:30	Runway 4	Straight Track	Discus 4 (Grass)	Straight Track	Shot Put 1	Circular Track	Runway 2	Circular Track	Discus 1	Hurdles Track	Girls	
LJ	100	DISC	70	SP	400	TJ/LJ	200	DISC	90H/100H/ 110H			
Runway 3	Straight Track	Discus 3 (Grass)	Straight Track	Shot Put 2	Circular Track	Runway 1	Circular Track	Discus 2	Hurdles Track	Boys		