

HDLAC Program - P3

	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	Discus 4 (Grass)	Straight Track	Discus 1	Circular Track	Runway 3	Circular Track	High Jump 2	Circular Track	Runway 2	Shot Put 2	Girls
		DISC	70	DISC	400	LJ	800	HJ	400	LJ	SP	
Discus 3 (Grass)		Straight Track	Discus 2	Circular Track	Runway 4	Circular Track	High Jump 1	Circular Track	Runway 1	Shot Put 1	Boys	
8:35 to 9:10		Straight Track	Runway 1	Hurdles Track	Discus 2	Circular Track	Shot Put 2	Circular Track	Javelin 2	Circular Track	Circular Track	Girls
		70	LJ	60H	DISC	400	SP	800	JAV	400	400	
Straight Track		Runway 2	Hurdles Track	Discus 1	Circular Track	Shot Put 1	Circular Track	Javelin 1	Circular Track	Circular Track	Boys	
9:10 to 9:45		Shot Put 4 (Grass)	Circular Track	Runway 3	Hurdles Track	Scissor Mats 2	Circular Track	Discus 2	Straight Track	Shot Put 2	Runway 2	Girls
		SP	500	LJ	60H	HJ (S)	200	DISC	100	SP	LJ	
Shot Put 3		Circular Track	Runway 4	Hurdles Track	Scissor Mats 1	Circular Track	Discus 1	Straight Track	Shot Put 1	Runway 1	Boys	
9:45 to 10:20		Circular Track	Shot Put 2	Circular Track	Runway 3	Hurdles Track	Runway 2	Straight Track	Discus 2	Straight Track	Straight Track	Girls
		300	SP	400	LJ	60H	TJ/LJ	100	DISC	100	100	
Circular Track		Shot Put 1	Circular Track	Runway 4	Hurdles Track	Runway 1	Straight Track	Discus 1	Straight Track	Straight Track	Boys	
10:20 to 10:55	Runway 3	Straight Track	Shot Put 4 (Grass)	Straight Track	Shot Put 2	Hurdles Track	Runway 1	Circular Track	High Jump 2	High Jump 1	Girls	
	LJ	50	SP	100	SP	60H	LJ	200H	HJ	HJ		
Runway 4	Straight Track	Shot Put 3	Straight Track	Shot Put 1	Hurdles Track	Runway 2	Circular Track	High Jump 2	High Jump 1	Boys		
10:55 to 11:30	Straight Track	Discus 2	Straight Track	Shot Put 2	Straight Track	Javelin 2	Circular Track	Runway 2	Circular Track	Circular Track	Girls	
	50	DISC	100	SP	100	JAV	200	TJ/LJ	200H	300H		
Straight Track	Discus 1	Straight Track	Shot Put 1	Straight Track	Javelin 1	Circular Track	Runway 1	Circular Track	Circular Track	Boys		