

# HDLAC Program - P4

	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	Discus 4 (Grass)	Circular Track	Shot Put 1	Circular Track	High Jump 1	Straight Track	Runway 3	Discus 2	Runway 2	Girls
		100	DISC	200	SP	200	HJ	100	LJ	DISC	TJ/LJ	
Straight Track		Discus 3 (Grass)	Circular Track	Shot Put 2	Circular Track	High Jump 2	Straight Track	Runway 4	Discus 1	Runway 1	Boys	
8:35 to 9:10		Runway 4	Straight Track	Discus 2	Circular Track	Shot Put 1	Hurdles Track	Runway 1	Circular Track	Circular Track	Circular Track	Girls
		LJ	100	DISC	200	SP	60H	TJ/LJ	200	200	800	
Runway 3		Straight Track	Discus 1	Circular Track	Shot Put 2	Hurdles Track	Runway 2	Circular Track	Circular Track	Circular Track	Boys	
9:10 to 9:45		Straight Track	Runway 3	Circular Track	Scissor Mats 2	Circular Track	Runway 1	Hurdles Track	Shot Put 2	Javelin 2	Discus 2	Girls
		50	LJ	700	HJ (S)	800	LJ	60H	SP	JAV	DISC	
Straight Track		Runway 4	Circular Track	Scissor Mats 1	Circular Track	Runway 2	Hurdles Track	Shot Put 1	Javelin 1	Discus 1	Boys	
9:45 to 10:20		Shot Put 3	Straight Track	Runway 1	Circular Track	Discus 1	Circular Track	Shot Put 2	Hurdles Track	Circular Track	Circular Track	Girls
		SP	50	LJ	800	DISC	400	SP	80H	800	200	
Shot Put 4 (Grass)		Straight Track	Runway 2	Circular Track	Discus 2	Circular Track	Shot Put 1	Hurdles Track	Circular Track	Circular Track	Boys	
10:20 to 10:55	Circular Track	Shot Put 1	Straight Track	Runway 4	Straight Track	Discus 1	Circular Track	High Jump 2	Runway 1	Javelin 2	Girls	
	200	SP	70	LJ	70	DISC	400	HJ	TJ/LJ	JAV		
Circular Track	Shot Put 2	Straight Track	Runway 3	Straight Track	Discus 2	Circular Track	High Jump 1	Runway 2	Javelin 1	Boys		
10:55 to 11:30	Discus 2	Circular Track	Shot Put 1	Straight Track	Runway 1	Straight Track	Javelin 2	Circular Track	Hurdles Track	Hurdles Track	Girls	
	DISC	200	SP	70	LJ	100	JAV	800	80H/90H	90H/100H/ 110H		
Discus 1	Circular Track	Shot Put 2	Straight Track	Runway 2	Straight Track	Javelin 1	Circular Track	Hurdles Track	Hurdles Track	Boys		