

# HDLAC Program - W1

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