

HDLAC Program - W2

	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	Shot Put 4 (Grass)	Circular Track	Discus 4 (Grass)	Straight Track	Discus 2	Straight Track	Runway 2	Circular Track	Shot Put 2	Circular Track	Girls	
		SP	500	DISC	70	DISC	100	LJ	800	SP	200		
Shot Put 3 (Grass)		Circular Track	Discus 3 (Grass)	Straight Track	Discus 1	Straight Track	Runway 1	Circular Track	Shot Put 1	Circular Track	Boys		
8:35 to 9:10		Circular Track	Shot Put 4 (Grass)	Circular Track	Shot Put 2	Straight Track	Discus 2	Straight Track	Runway 2	Circular Track	Javelin 2	Girls	
300		SP	700	SP	70	DISC	100	LJ	200	JAV			
Circular Track		Shot Put 3	Circular Track	Shot Put 1	Straight Track	Discus 1	Straight Track	Runway 1	Circular Track	Javelin 1	Boys		
9:10 to 9:45		Discus 1	Straight Track	Shot Put 4 (Grass)	Circular Track	Runway 3	Circular Track	Shot Put 2	Straight Track	Runway 1	Straight Track	Girls	
DISC		50	SP	800	LJ	400	SP	100	LJ	100			
Discus 2		Straight Track	Shot Put 3	Circular Track	Runway 4	Circular Track	Shot Put 1	Straight Track	Runway 2	Straight Track	Boys		
9:45 to 10:20		Straight Track	Discus 4 (Grass)	Straight Track	Runway 1	Circular Track	Javelin 1	Circular Track	Discus 1	Straight Track	Shot Put 1	Girls	
50		DISC	70	LJ	400	JAV	200	DISC	100	SP			
Straight Track		Discus 3 (Grass)	Straight Track	Runway 2	Circular Track	Javelin 2	Circular Track	Discus 2	Straight Track	Shot Put 2	Boys		
10:20 to 10:55	Runway 4	Straight Track	Runway 2	Straight Track	Shot Put 2	Circular Track	Javelin 1	Circular Track	Discus 2	Circular Track	Girls		
LJ	70	LJ	100	SP	200	JAV	200	DISC	800				
Runway 3	Straight Track	Runway 1	Straight Track	Shot Put 1	Circular Track	Javelin 2	Circular Track	Discus 1	Circular Track	Boys			
10:55 to 11:30	Straight Track	Runway 4	Straight Track	Discus 2	Circular Track	Shot Put 2	Circular Track	Javelin 2	Circular Track	Runway 2	Girls		
70	LJ	100	DISC	200	SP	800	JAV	800	LJ				
Straight Track	Runway 3	Straight Track	Discus 1	Circular Track	Shot Put 1	Circular Track	Javelin 1	Circular Track	Runway 1	Boys			