

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	Pack 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	Pack Track	Boys		
9:10 to 9:45		Straight Track	Runway 3	Pack Track	Scissor Mats 2	Pack 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	Pack Track	Scissor Mats 1	Pack 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	Pack Track	Discus 1	Circular Track	Shot Put 2	Hurdles Track	Pack Track	Circular Track	Girls	
SP		50	LJ	800	DISC	400	SP	80H	800	200			
Shot Put 4 (Grass)		Straight Track	Runway 2	Pack Track	Discus 2	Circular Track	Shot Put 1	Hurdles Track	Pack 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	Pack 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	Pack Track	Hurdles Track	Hurdles Track	Boys			