

ALAC ANNOUNCING - PROGRAM B

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SPRINT TRACK		CIRCULAR TRACK		HJ	LJ (EAST)	LJ (WEST)	TJ	DIS	SP	JAV
WARM UP										
		1500W	GO	G8	G9		B9	B10	G10	G6
			BO							
			G12							
70M	G7		B12							
70M	B7	1100W	G11							
70M	B6	1100W	B11			BO	B12			G7
70M	B8	1100W	G10					G12	GO	
70M	G8	1100W	B10	B6						
70M	G6	700W	B9							
70M	B10	700W	G9				G11			B7
70M	G10	700W	G8		B11				B12	
70M	B9	700W	B8							
70M	G9			G7						
								G9		B8
100M	G12	150M	G6			B10				
100M	B11	150M	B6				GO		B9	
100M	G11									
100M	B12									
100M	G6			B8						G8
100M	B6				G10					
100M	B7	400M	G12					G11	B11	
100M	G7	400M	G9							
100M	BO	400M	B12			G12				
100M	GO	400M	B9	B7						B6
		400M	B10							
		400M	G10					BO		
		400M	G7							
		400M	B8							
		400M	G8							
		400M	G11	G6						
		400M	B11							
		400M	B7							
		400M	GO							
		400M	BO							
PROGRAM B - ALL					BOYS			GIRLS		
	U6	70M	150M	100M			HJ	JAV	HJ	JAV
	U7	70M	400M	100M			HJ	JAV	HJ	JAV
	U8	70M	400M	700W			HJ	JAV	HJ	JAV
	U9	70M	400M	700W			TJ	SP	LJ	DIS
	U10	70M	400M	1100W			LJ	DIS	LJ	SP
	U11	100M	400M	1100W			LJ	SP	TJ	DIS
	U12	100M	400M	1500W			TJ	SP	LJ	DIS
	OPEN	100M	400M	1500W			LJ	DIS	TJ	SP

Last Updated: 22/10/2018