

# ALAC ANNOUNCING - PROGRAM A

SPRINT TRACK		CIRCULAR TRACK		HJ	LJ (EAST)	TJ	DIS (NTH)	SP	JAV
WARM UP									
60H	B6	200H	GO/BO	B11	B8		B12		G9
60H	G6								TURBO
		800M	G11						
60H	B7	800M	G10			G6		B6	
60H	G7	800M	B10			LONG JUMP			B9
60H	G8	800M	GO				B7		TURBO
60H	B8	800M	BO						
60H	B9	800M	G12	GO	B6				
60H	G9	800M	B12					G7	
60H	G10	800M	B11			BO			
60H	B10	800M	B9				G6		
60H	G11	800M	G9						
60H	B11			G10	G11				
80H	G12								
80H	B12	400M	B8	SCISSOR					
		400M	G7			B10	GO		
70M	G6	400M	G8					B8	
70M	B6	400M	B7		B12				BO
				B9					
100M	B11								
100M	G11			SCISSOR	G8				
100M	B6					G12	G10		B11
100M	G6								
100M	B7							B10	
100M	G7			G9					
100M	B8								
100M	G8			SCISSOR	G7				G11
100M	G12					B7 LONG JUMP			
100M	G10						G8	G12	
100M	B10								
100M	G9								
100M	B9								
100M	BO								
100M	GO								
100M	B12								

PROGRAM A - ALL				
U6	60H	70M	100M	
U7	60H	100M	400M	
U8	60H	100M	400M	
U9	60H	100M	800M	
U10	60H	100M	800M	
U11	60H	100M	800M	
U12	80H	100M	800M	
OPEN	200H	100M	800M	

BOYS		GIRLS	
LJ	SP	LJ	DIS
LJ	DIS	LJ	SP
LJ	SP	LJ	DIS
HJ scissor	JAV	HJ scissor	JAV
TJ	SP	HJ scissor	DIS
HJ	JAV	LJ	JAV
LJ	DIS	TJ	SP
TJ	JAV	HJ	DIS

Last Updated: 22/10/2018