

ALAC ANNOUNCING - PROGRAM C

SPRINT TRACK		CIRCULAR TRACK		HJ	LJ (EAST)	LJ (WEST)	TJ	DIS (NTH)	DIS (STH)	SP	JAV
WARM UP											
60H	G6	400M	G9	G12	G7			B11	B11	B7	B12
60H	B6	400M	B9					Group A	Group B		
		400M	G10								
		400M	B10			B6					
60H	B8										
60H	G8	1500M	GO							G6	
60H	G9	1500M	BO						B8		G10
60H	B9	1500M	G12								TURBO
60H	G7	1500M	B12			B9					
60H	B7	1500M	G11		GO		G9				
60H	G11	1500M	B11								
60H	B11							G7			
60H	G10	200M	G8	BO						G11	
60H	B10	200M	B8		G6						
80H	B12										
80H	G12	200M	B7					B6			B10
		200M	G7				G10		B9		TURBO
80H	GO	200M	G9		B8					G8	
80H	BO	200M	B11	B12		B7					
		200M	G11								
100M	B6										G12
100M	G6	200M	B10								
		200M	G10	G11						G9	
		200M	GO								
100M	G8	200M	BO								
100M	G7	200M	B12			B11	B11				
100M	B8	200M	G12			Group A	Group B			BO	GO
100M	B7	200M	B9	B10	G8						
		150M	G6			TRIPLE					
		150M	B6	SCISSOR		JUMP					
PROGRAM C - ALL											
							BOYS		GIRLS		
	U6	60H	150M	100M			LJ	DIS		LJ	SP
	U7	60H	200M	100M			LJ	SP		LJ	DIS
	U8	60H	200M	100M			LJ	DIS		LJ	SP
	U9	60H	200M	400M			LJ	DIS		TJ	SP
	U10	60H	200M	400M			HJ scissor	JAV		TJ	JAV
	U11	60H	200M	1500M			TJ	DIS		HJ	SP
	U12	80H	200M	1500M			HJ	JAV		HJ	JAV
	OPEN	80H	200M	1500M			HJ	SP		LJ	JAV

Last Updated: 22/10/2018