

Program B



PROG B	U6	U7	U8	U9	U10	U11	U12	U13	U14+
1	50	50	LJ	HUR	200	SP	D	200	100
2	SP/B LJ/G	D/B V/G	70	HJ	HUR	HUR	200	LJ	LJ
3	200	V/B D/G	D	200	SP	100	HUR	100	200
4	LJ/B SP/G	200	200	D	100	HJ	TJ	HUR	D
5		70	V	LJ	HJ	TJ	100	SP	HUR
6						1500	1500	1500	1500

Key = B=Boys, G=Girls. SP=Shot Put, D=Discus, HJ=High Jump, LJ=Long Jump, TJ=Triple Jump, JAV=Javelin, HUR=Hurdles

PARENT ROSTER	BBQ	CANTEEN	SET-UP / PACK DOWN
	U12 GIRLS	U11 BOYS	U13/U14 BOYS