

Program D



PROG D	U6	U7	U8	U9	U10	U11	U12	U13	U14+
1	200	Hur	Hur	70	70	D	200	HJ	TJ
2	LJ	V	LJ	HUR	D	200	LJ	200	D
3	D	SP	200	HJ	HUR	HUR	SP	LJ	200
4	SP	100	70	100	HJ	LJ	HUR	HUR	800
5				SP	LJ	800	800	800	HUR
6				700W	1100W	1500W	1500W	1500W	1500W

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
	U10 GIRLS	U13/U14 GIRLS	U9 BOYS