

Program A



PROG A	U6	U7	U8	U9	U10	U11	U12	U13	U14+
1	50	50	SP	200/B LJG	100	200	HJ	D/B SP/G	HJ
2	V	LJ/B SP/G	HJ/B D/G	SP/B 200/G	LJ/B D/G	LJ	100	100	200
3	LJ	200	100	100	200	100	SP	SP/B D/G	TJ
4	100	SP/B LJ/G	D/B HJ/G	LJ/B HJ/G	D/B LJ/G	D	800	800	100
5				800	800	800	LJ	LJ	800
6						JAV	JAV		

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
	U9 GIRLS	U8 BOYS	U10+U7 BOYS