

ALAC ANNOUNCING - PROGRAM A

| | SPRINT TRACK | | CIRCULAR TRACK | | HJ | LJ | TJ | DIS | SP | JAV |
|-------|--------------|-----|----------------|-------|-----|-----|------|-----|-----|---------|
| 8:30 | WARM UP | | | | | | | | | |
| 8:45 | 60H | B6 | 200H | GO/BO | B11 | B8 | | B12 | | G9 |
| 8:50 | 60H | G6 | | | | | | | | Turbo |
| 8:55 | | | | | | | | | | |
| 9:00 | | | 800M | G11 | | | G6 | | B6 | |
| 9:05 | 60H | B7 | 800M | G10 | | | LONG | | | |
| 9:10 | 60H | G7 | 800M | B10 | | | JUMP | | | B9 |
| 9:15 | 60H | G8 | 800M | GO | | | | B7 | | Turbo |
| 9:20 | 60H | B8 | 800M | BO | | | | | | |
| 9:25 | 60H | B9 | 800M | G12 | GO | B6 | | | | |
| 9:30 | 60H | G9 | 800M | B12 | | | | | G7 | |
| 9:35 | 60H | G10 | 800M | B11 | | | BO | | | |
| 9:40 | 60H | B10 | 800M | B9 | | | | G6 | | |
| 9:45 | 60H | G11 | 800M | G9 | | | | | | |
| 9:50 | 60H | B11 | | | G10 | G11 | | | | |
| 9:55 | 60H | G12 | | | | | | | | |
| 10:00 | 60H | B12 | 400M | B8 | | | | | | |
| 10:05 | | | 400M | G7 | | | B10 | GO | | |
| 10:10 | 70M | G6 | 400M | G8 | | | | | B8 | |
| 10:15 | 70M | B6 | 400M | B7 | | B12 | | | | |
| 10:20 | | | | | B9 | | | | | |
| 10:25 | 100M | B11 | | | | | | | | |
| 10:30 | 100M | G11 | | | | G8 | | | | |
| 10:35 | 100M | B6 | | | | | G12 | G10 | | |
| 10:40 | 100M | G6 | | | | | | | | |
| 10:45 | 100M | BO | | | | | | | B10 | |
| 10:50 | 100M | GO | | | G9 | | | | | |
| 10:55 | 100M | B8 | | | | | | | | |
| 11:00 | 100M | G8 | | | | G7 | | | | |
| 11:05 | 100M | G12 | | | | | B7 | | | |
| 11:10 | 100M | G10 | | | | | LONG | G8 | | |
| 11:15 | 100M | B10 | | | | | JUMP | | | |
| 11:20 | 100M | G9 | | | | | | | | JAV |
| 11:25 | 100M | B9 | | | | | | | G12 | B11/G11 |
| 11:30 | 100M | B7 | | | | | | | | BO |
| 11:35 | 100M | G7 | | | | | | | | |
| 11:40 | 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 | 60H | 100M | 800M |
| | OPEN | 200H | 100M | 800M |

| BOYS | | GIRLS | |
|------|-----|-------|-----|
| LJ | SP | LJ | DIS |
| LJ | DIS | LJ | SP |
| LJ | SP | LJ | DIS |
| HJ | JAV | HJ | JAV |
| TJ | SP | HJ | DIS |
| HJ | JAV | LJ | JAV |
| LJ | DIS | TJ | SP |
| TJ | JAV | HJ | DIS |