

## ALAC ANNOUNCING - PROGRAM B

ALAC ANNOUNCING - PROGRAM B										
	SPRINT TRACK		CIRCULAR TRACK		HJ	LJ	TJ	DIS	SP	JAV
8:30	WARM UP									
8:45			1500W	GO	G8	G9	B9	B10	G10	G6
8:50				BO						
8:55				G12						
9:00	70M	G7		B12						
9:05	70M	B7	1100W	G11						
9:10	70M	B6	1100W	B11		BO	B12			G7
9:15	70M	B8	700W	G10				G12	GO	
9:20	70M	G8	700W	B10	B6					
9:25	70M	G6	700W	B9						
9:30	70M	B10	700W	G9			G11			B7
9:35	70M	G10	700W	G8		B11			B12	
9:40	70M	B9	700W	B8						
9:45	70M	G9			G7					
9:50								G9		B8
9:55	100M	G12	150M	G6		B10				
10:00	100M	B11	150M	B6			GO		B9	
10:05	100M	G11								
10:10	100M	B12								
10:15	100M	G6			B8					G8
10:20	100M	B6				G10				
10:25	100M	B7	400M	G12				G11	B11	
10:30	100M	G7	400M	G9						
10:35	100M	BO	400M	B12						
10:40	100M	GO	400M	B9	B7					B6
10:45			400M	B10						
10:50			400M	G10		G12		BO		
10:55			400M	G7						
11:00			400M	B8						
11:05			400M	G8						
11:10			400M	G11	G6					
11:15			400M	B11						
11:20			400M	B7						
11:25			400M	GO						
11:30			400M	BO						
11:35										
11:40										
11:45										
11:50										
11:55										
PROGRAM B - ALL										
					BOYS			GIRLS		
	U6	70M	150M	100M		HJ	JAV	HJ	JAV	
	U7	70M	400M	100M		HJ	JAV	HJ	JAV	
	U8	70M	400M	700W		HJ	JAV	HJ	JAV	
	U9	70M	400M	700W		TJ	SP	LJ	DIS	
	U10	70M	400M	700W		LJ	DIS	LJ	SP	
	U11	100M	400M	1100W		LJ	SP	TJ	DIS	
	U12	100M	400M	1500W		TJ	SP	LJ	DIS	
	OPEN	100M	400M	1500W		LJ	DIS	TJ	SP	