

## ALAC ANNOUNCING - PROGRAM C

ALAC ANNOUNCING - PROGRAM C										
	SPRINT TRACK		CIRCULAR TRACK		HJ	LJ	TJ	DIS	SP	JAV
8:30	WARM UP									
8:45	60H	G6	400M	G9	B10	G7		B11	B7	G10
8:50	60H	B6	400M	B9						Turbo
8:55			1500M	G11						
9:00	60H	B8	1500M	B11			B6			
9:05	60H	G8	1500M	G12			LONG			
9:10	60H	G9	1500M	B12			JUMP		G6	
9:15	60H	B9	1500M	GO						
9:20	60H	G7	1500M	BO				B8		
9:25	60H	B7	400M	G10	G12	GO				
9:30			400M	B10			G9			
9:35	60H	G11								
9:40	60H	B11								
9:45	60H	G10	200M	G8	BO	G6			G11	
9:50	60H	B10	200M	B8						B10
9:55	60H	B12	200M	B9						Turbo
10:00	60H	G12	200M	G7			G10			
10:05			200M	B7						
10:10	90H	GO	200M	G9		B8		B9	G8	
10:15	100H	BO	200M	B10	B12					
10:20			200M	B11						
10:25	100M	B6	200M	G11						
10:30	100M	G6	200M	G10			B7		G9	
10:35	100M	G7	200M	GO		B9	LONG			
10:40	100M	G8	200M	BO	G11		JUMP	B6		
10:45			200M	B12						
10:50			200M	G12						
10:55	100M	B8					B11		BO	
11:00	100M	B7	150M	G6		G8		G7		
11:05			150M	B6						
11:10										
11:15										G12/B12
11:20										
11:25										GO
11:30										
11:35										
11:40										
11:45										
11:50										
11:55										
PROGRAM C - ALL										
							BOYS		GIRLS	
		U6	60H	150M	100M		LJ	DIS	LJ	SP
		U7	60H	200M	100M		LJ	SP	LJ	DIS
		U8	60H	200M	100M		LJ	DIS	LJ	SP
		U9	60H	200M	400M		LJ	DIS	TJ	SP
		U10	60H	200M	400M		HJ	JAV	TJ	JAV
		U11	60H	200M	1500M		TJ	DIS	HJ	SP
		U12	60H	200M	1500M		HJ	JAV	HJ	JAV
		OPEN	90H/100H	200M	1500M		HJ	SP	LJ	JAV