

	Tots	U6	U7	U8	U9	U10	U11	U12	U13-U14	U15-U17	
7:50	Task allocations; warm ups and announcements										
8:00 to 8:35											
	<b>Directed Activities starting at 8:15am</b>										
		LJ	50m	LJ	400m	DISC	100m <small>Hurdle Track</small>	SP	800m	Help younger kids	
		50m	LJ	100m <small>Hurdle Track</small>	LJ	100m	DISC	400m	SP	800m	
		DISC hoops	200m	SP	100m	LJ	800m	LJ	100m <small>Hurdle Track</small>	DISC	
		200m	DISC hoops	700m	SP	400m	LJ	100m <small>Hurdle Track</small>	LJ	100m	
		shorter program for W1									LJ