

## COMPETITION

### Weekly Programs

AGE GROUP	Program 1	Programs 2A/2B		Program 3	Program 4	Program 5	XMAS
<b>U6</b>	LJ 100m Disc 70m S P *	60mH 50m Disc 80m * S P		LJ 100m Disc 70m 80m	70m S P 50m LJ Disc	60mH LJ 100m S P 80m	LJ 70m 100m
<b>U7</b>	S P 100m 70m LJ Disc *	60mH S P 200m 80m * Disc		Disc 100m 70m LJ 80m	70m Disc 200m LJ S P	60mH S P 100m LJ 80m	Disc 70m 100m
<b>U8</b>	100m Disc * 200m 70m LJ	60mH LJ 80m * S P Disc		100m S P 200m 70m LJ	LJ 70m Disc 100m S P	S P 60mH Disc 80m 500m	70m S P 200m
<b>U9</b>	H J 100m S P 200m 700mW *	60mH Disc * 100m 800m LJ		S P 70m 200m H J 700mW	Disc 70m S P 800m LJ	60mH H J LJ 400m Disc	S P 70m 200m
<b>U10</b>	Disc LJ 200m 70m 1100mW *	60mH 100m S P * 800m H J	60mH 100m 400m H J S P	100m LJ 70m Disc 1100mW	H J 200m 800m S P LJ	Disc 60mH S P 400m H J	70m 100m LJ
<b>U11</b>	800m H J 100m Disc LJ *	S P 80mH 200m LJ 1100mW*	S P 80mH 200m LJ 1500m	800m Jav T J 400m H J	S P 200m T J 100m 1500m	Jav 80mH Disc 400m 1100mW	800m LJ 100m
<b>U12</b>	100m 800m H J * S P T J	Disc 80m Hdl 200m LJ 1500mW*	Disc 80m Hdl 200m LJ 1500m	Jav 800m H J 400m S P	LJ 200m Disc 100m 1500m	T J 80mH Jav 400m 1500mW	800m Disc 100m
<b>U13</b>	LJ 800m * S P 200m 80mH	H J Jav T J * 400m 1500m	H J Jav T J 400m 1500mW	LJ 800m S P 100m Disc	200mH Jav 400m H J 1500mW	1500m 100m T J 200m Disc	800m 100m Disc
<b>U14</b>	800m * Jav 200m H J 80/90mH	LJ Disc 400m S P * 1500m	LJ Disc 400m S P 1500mW	800m H J 100m T J S P	200mH T J 400m Disc 1500mW	1500m 100m Jav 200m LJ	800m 100m S P
<b>U15/ 16/17</b>	800m * S P 200m LJ 90-110mH	Jav T J * 400m H J 1500m	Jav T J H J 400m 1500mW	800m Disc 100m S P LJ	300mH H J 400m Jav 1500mW	1500m 100m Disc 200m T J	800m 100m S P

All 400m events are laned

All 800m events are laned starts

\* Denotes events not programmed on 11<sup>th</sup> & 18<sup>th</sup> September

Manual to electronic conversion: Under 200m - add 0.24 secs

200m to 400m - add 0.14 secs

Over 400 – 0