

Program 2: Warm up from 8.30 am																					
time	70m					HJ S	HJ B	SJ	LJ	LJ	800m (U9 -U16)/ *400m (U7-U8)					Vortex (Temp)	Discus	SP	J/V	SP	On track
8.45	8G	12G	11G	9G	6G	8B	12B*	11B	9B	6B	7G*	13+B	10G			7B	13+G		10B		
9.10	10B	13+G	7B			8G	12G	11G	9G	6G	8B*	12B	11B	9B		7G	13+B		10G		6B
9.35	8B	13+B	7G	10G			13+G		10B	7B	9G	12G	11G			8G	12B	11B	9B	6B	6G
10.00	6B	12B	11B	9B			13+B		10G	7G	7B*	13+G	10B	8G*		8B	12G	11G	9G	6G	
10.25	FINISH																				

*Note: U12B HJ starts at 8.30am.