

PROGRAM 3																					
time	100m					Obs	LJ	TJ	HJ S	HJ B	1500m/*300m (U6-10)					SP	tSP	D	SP	J/V	On track
5.30	6G	12G	8G	9G		8B	12B		9B		7G*	10G*	13+G	11B			7B	11G	10B	13+B	6B
5.55	7B	13+B	11G	10B		8G	12G		9G		6B*	9B*	12B	8B*			7G	11B	10G	13+G	6G
6.20	7G	13+G	11B	10G		7B	13+B	11G	10B		6G*	9G*	12G	8G*			8B	6B		9B	12B
6.45	6B	12B	8B	9B		7G	13+G	11B	10G		7B*	10B*	13+B	11G			8G	6G		9G	12G
7.10	Finish																				

Obs: obstacle course

tSP: is the temporary shot-put cage on the grass

J/V: is javelin or Vortex (depending on numbers and ability to safely run a javelin competition)