

Arana Little Athletics Program for 01 Sep 2017

U06B	70m Sprint (Track 1)	Game (Field 1)	Discus 350g (Discus 2)		
U06G	70m Sprint (Track 1)	Game (Field 1)	Discus 350g (Discus 3)		
U07B	70m Sprint (Track 1)	Long Jump (Pit 1)	Shot Put 1kg (Shotput 1)		
U07G	Shot Put 1kg (Shotput 1)	70m Sprint (Track 1)	Long Jump (Pit 2)		
U08B	70m Sprint (Track 1)	Long Jump (Pit 2)	Discus 500g (Discus 1)		
U08G	70m Sprint (Track 1)	Shot Put 1.5kg (Shotput 2)	High Jump (Scissors 2)		
U09B	70m Sprint (Track 1)	Discus 500g (Discus 2)	Long Jump (Pit 1)		
U09G	High Jump (Scissors 1)	70m Sprint (Track 1)	Shot Put 2kg (Shotput 1)		
U10B	70m Sprint (Track 1)	Shot Put 2kg (Shotput 3)	High Jump (Scissors 3)	400m Run	
U10G	Long Jump (Pit 1)	70m Sprint (Track 1)	Discus 500g (Discus 3)	400m Run	
U11B	70m Sprint (Track 1)	High Jump (Flop 2)	Shot Put 2kg (Shotput 3)	1500m Run	
U11G	Javelin 400g (Hockey 1)	70m Sprint (Track 1)	Long Jump (Pit 3)	1500m Run	
U12B	70m Sprint (Track 1)	Triple Jump (Pit 3)	Discus 750g (Discus 2)	1500m Run	
U12G	70m Sprint (Track 1)	Shot Put 2kg (Shotput 1)	High Jump (Flop 1)	1500m Run	
U13BG	70m Sprint (Track 1)	Long Jump (Pit 4)	Javelin ???g (Hockey 1)	1500m Run	
U14-17B	Discus ???g (Discus 1)	70m Sprint (Track 1)	Triple Jump (Pit 4)	1500m Run	
U14-17G	70m Sprint (Track 1)	High Jump (Flop 1)	Shot Put 3kg (Shotput 2)	1500m Run	