

Arana Little Athletics Program for 08 Sep 2017

U06B	100m Sprint (Track 1)	Long Jump (Pit 2)	Shot Put 1kg (Shotput 3)		
U06G	100m Sprint (Track 1)	Shot Put 1kg (Shotput 2)	Long Jump (Pit 2)		
U07B	100m Sprint (Track 1)	Discus 350g (Discus 3)	200m Sprint (Track 1)		
U07G	Discus 350g (Discus 2)	100m Sprint (Track 1)	200m Sprint (Track 1)		
U08B	100m Sprint (Track 1)	Shot Put 1.5kg (Shotput 3)	200m Sprint (Track 1)	High Jump (Scissors 3)	
U08G	100m Sprint (Track 1)	Long Jump (Pit 1)	200m Sprint (Track 1)	Discus 500g (Discus 1)	
U09B	100m Sprint (Track 1)	High Jump (Scissors 1)	Shot Put 2kg (Shotput 1)	800m Run	
U09G	100m Sprint (Track 1)	Discus 500g (Discus 2)	Long Jump (Pit 1)	800m Run	
U10B	Long Jump (Pit 1)	100m Sprint (Track 1)	Discus 500g (Discus 1)	800m Run	
U10G	Shot Put 2kg (Shotput 1)	100m Sprint (Track 1)	High Jump (Scissors 2)	800m Run	
U11B	100m Sprint (Track 1)	Javelin 400g (Hockey 1)	200m Sprint (Track 1)	Long Jump (Pit 1)	800m Run
U11G	Discus 750g (Discus 1 & 3)	100m Sprint (Track 1)	200m Sprint (Track 1)	Triple Jump (Pit 3 & 4)	800m Run
U12B	100m Sprint (Track 1)	Shot Put 3kg (Shotput 2)	200m Sprint (Track 1)	High Jump (Flop 2)	800m Run
U12G	100m Sprint (Track 1)	Long Jump (Pit 4)	Javelin 400g (Hockey 1)	200m Sprint (Track 1)	800m Run
U13BG	100m Sprint (Track 1)	Triple Jump (Pit 3)	200m Sprint (Track 1)	Discus ???g (Discus 3)	800m Run
U14-17B	100m Sprint (Track 1)	Shot Put ??kg (Shotput 1)	200m Sprint (Track 1)	High Jump (Flop 1)	800m Run
U14-17G	Long Jump (Pit 3)	100m Sprint (Track 1)	200m Sprint (Track 1)	Javelin ???g (Hockey 1)	800m Run