

2009/2010 Program	PROGRAM "C"									
AGE GROUP	Event 1		Event 2		Optional		Event 3		Event 4	
BOYS U6	60M	fs	300M	C	1500W	only	SP	2	LJ	1
GIRLS U6	60M	fs	300M	C			SP	2	LJ	1
BOYS U7	60M	fs	300M	C			DISC	1	HJ	3
GIRLS U7	60M	fs	300M	C			DISC	1	HJ	3
BOYS U8	400M	fs	300M	C			SP	2	LJ	1
GIRLS U8	400M	fs	300M	C			SP	2	LJ	1
BOYS U9	400M	fs	800M	C	1100W	C	DISC	1	TJ	1
GIRLS U9	400M	fs	800M	C	1100W	C	DISC	1	TJ	1
BOYS U10	400M	fs	800M	C	1100W	C	SP	1	HJ	2
GIRLS U10	400M	fs	800M	C	1100W	C	DISC	2	HJ	2
BOYS U11	400M	fs	800M	C	1500W	C	DISC	2	LJ	2
GIRLS U11	400M	fs	800M	C	1500W	C	JAV	2	LJ	2
BOYS U12	400M	fs	800M	C	1500W	C	DISC	2	LJ	2
GIRLS U12	400M	fs	800M	C	1500W	C	JAV	2	LJ	2
BOYS U13	400M	fs	800M	C	1500W	C	DISC	2	TJ	2
GIRLS U13	400M	fs	800M	C	1500W	C	JAV	2	TJ	2
BOYS U14	400M	fs	800M	C	1500W	C	SP	1	HJ	1
GIRLS U14	400M	fs	800M	C	1500W	C	JAV	2	HJ	1
BOYS U15 & U16	400M	fs	800M	C	1500W	C	SP	1	HJ	1
GIRLS U15 & U16	400M	fs	800M	C	1500W	C	SP	1	HJ	1

Walks will be optional for athletes in the following age groups

U9 and U10 compulsory walks, alternating each C program U11 to U16 will be grouped together

Alternate Event if Walk not chosen is 800M for U11 to U16 and 300M for U8