

# PROGRAM 1

## 16<sup>th</sup> January 2010

<b>U6</b>	<b>U7</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11-12</b>	<b>U13-16</b>
70M		70M	70M			
	100M		100M	100M	100M	100M
200M	200M	200M	200M	200M	200M	200M
			400M	400M	800M	400M or 1500M
LJ	LJ	LJ	TJ	TJ	LJ	LJ
		SP	SP	SP	HJ	SP
DIS	DIS			DIS	DIS	DIS

**Please note: U13-16 can do either 400m or 1500m but not both on the same day.**