

GUNLAC program 17-18_week5.xlsx Week 5

1500m Run	U10 - U17	8.30am
Walks Events	U9 - U17	8.30am

Age Group	Athletes	Event 1	Event 2	Event 3	Event 4	Date
Under 6 Boys		On Track	100 Metres	On Track	70 Metres	11/11/17
Under 6 Girls		100 Metres	On Track	70 Metres	On Track	
Under 7 Girls A		Long Jump 7	200 Metres	Shot Put J3	70 Metres	
Under 7 Girls B		Long Jump 8	200 Metres	Shot Put J4	70 Metres	
Under 7 Boys A		Discus J1	70 Metres	Long Jump 7	200 Metres	
Under 7 Boys B		Discus J2	70 Metres	Long Jump 8	200 Metres	
Under 8 Girls A		60 M Hurdles	Discus J1	200 Metres	Long Jump 5	70 Metres
Under 8 Girls B		60 M Hurdles	Discus J2	200 Metres	Long Jump 6	70 Metres
Under 8 Boys A		60 M Hurdles	Shot Put J3	70 Metres	200 Metres	Long Jump 5
Under 8 Boys B		60 M Hurdles	Shot Put J4	70 Metres	200 Metres	Long Jump 6
Under 9 Girls A		Long Jump 6	60 M Hurdles	200 Metres	Discus J3	70 Metres
Under 9 Girls B		Long Jump 5	200 Metres	60 M Hurdles	Discus J1	70 Metres
Under 9 Boys A		Shot Put J3	60 M Hurdles	200 Metres	High Jump (S)	70 Metres
Under 9 Boys B		High Jump (S)	70 Metres	60 M Hurdles	200 Metres	Shot Put J3
Under 10 Girls A		800 Metres	Long Jump 6	60 M Hurdles	Shot Put S1	100 Metres
Under 10 Girls B		800 Metres	Long Jump 5	Shot Put S1	60 M Hurdles	100 Metres
Under 10 Boys A		800 Metres	60 M Hurdles	Long Jump 6	100 Metres	Discus D2
Under 10 Boys B		800 Metres	60 M Hurdles	Long Jump 5	Discus D2	100 Metres
Under 11 Girls A		800 Metres	Javelin	60 M Hurdles	Triple Jump 2	100 Metres
Under 11 Girls B		800 Metres	60 M Hurdles	Javelin	100 Metres	Triple Jump 2
Under 11 Boys		800 Metres	Triple Jump 2	60 M Hurdles	100 Metres	Discus D1
Under 12 Girls A		Discus D1	100 Metres	60 M Hurdles	High Jump 1	400 Metres
Under 12 Girls B		High Jump 2	60 M Hurdles	100 Metres	Discus D2	400 Metres
Under 12 Boys		100 Metres	Shot Put S1	High Jump 2	60 M Hurdles	400 Metres
Under 13/14 Girls		Triple Jump 2	Shot Put S2	100 Metres	Javelin	400 Metres
Under 13/14 Boys		Shot Put S2	High Jump 1	100 Metres	Long Jump 1	400 Metres
Under 15/16/17 Girls		Long Jump 1	100 Metres	Discus D2	90 M Hurdles	400 Metres
Under 15/16/17 Boys		Javelin	200 Metres	Long Jump 1	Shot Put S2	400 Metres