

STGLAC_Program for 2020-21 VERSION - 5.1

Week B - V5.1	70m	HURD	40m	200m	700m	800m	1500	SP-1	SP-2	SP-3	DISC-1	DISC-2	DISC-3	LJ-1	LJ-2	LJ-3	TJ-1	LJ-4	TJ-2	HJ-1	HJ-2	HJ-Scr	JAV				
Event 1		SEN B		U6 G				U10 G	U10 B		U9 G			TT			U11 B						U11 G				
		SEN G		U6 B	200m races: Use all 8 lanes in every race, mixing age groups as required.																						
		U13 B		U7 G																							
		U13 G		U7 B																							
		U12 B		U8 B																							
		U12 G		U8 G																							
			U9 B																								
Event 2		U11 B	TT	U9 G				U8 G		U8 B	U6 B	U6 G		U7 B	U7 G						U12 B	U12 G	U9 B				
		U11 G		U13 G	TTs will run on an unused portion of the track - no impact on 200m events.																						
		U10 B		U13 B																							
		U10 G		SEN B																							
				SEN G																							
Event 3		U9 B		U11 G				TT	U7 B	U13 B	U7 G	SEN G	SEN B	U6 B	U6 G	U10 B	U13 G										
		U9 G		U12 B																							
		U8 B		U12 G																							
		U8 G		U10 G																			U11 B				
Event 4	U6 G			U10 B	U8 B			U12 B	U12 G		U9 B			U10 G	SEN B					U11 G	U13 B	U13 G	U9 G	SEN G			
	U6 B			U11 B	U8 G																						
	U7 G																										
	U7 B																										
	TT																										
5 U8+ ONLY	U9 B						U12 G	U13 G	U11 B	U11 G					SEN G		U13 B							SEN B			
	U9 G						U12 B																				
	U8 B																										
	U8 G																										
	U10 B																										
U10 G																											
6 U11+ ONLY							U11 G										U12 B		U12 G								
							U11 B																				
							U13 G																				
							U13 B																				
							SEN G																				
						SEN B																					

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Week B - V5.1	Sen B	Sen G	U13 B	U13 G	U12 B	U12 G	U11 B	U11 G	U10 B	U10 G	U9 B	U9 G	U8 B	U8 G	U7 B	U7 G	U6 B	U6 G	TT
Event 1	HURD	HURD	HURD	HURD	HURD	HURD	TJ-1	JAV	SP-2	SP-1	200m	DISC-1	200m	200m	200m	200m	200m	200m	LJ-1
Event 2	200m	200m	200m	200m	HJ-1	HJ-2	HURD	HURD	HURD	HURD	HJ-Scr	200m	SP-3	SP-1	LJ-1	LJ-2	DISC-1	DISC-2	40m
Event 3	DISC-3	DISC-2	SP-3	TJ-1	200m	200m	JAV	200m	LJ-3	200m	HURD	HURD	HURD	HURD	SP-2	DISC-1	LJ-1	LJ-2	SP-1
Event 4	LJ-2	JAV	HJ-1	HJ-2	SP-1	SP-2	200m	TJ-2	200m	LJ-1	DISC-1	HJ-Scr	700m	700m	70m	70m	70m	70m	70m
5 U8+ ONLY	JAV	LJ-2	TJ-1	SP-1	1500	1500	SP-2	SP-3	70m	70m	70m	70m	70m	70m					
6 U11+ ONLY	1500	1500	1500	1500	TJ-1	TJ-2	1500	1500											