WLAC Week 4, 25th October 2008 ***TIMETABLE*** **WLA**

Time	Under 6		Under 7		Under 8		Under 9		Time	Under 10		Under 11		Under 12		Open Age		Time
8:30			Long Jump @ TJ1	Long Jump @ TJ2	Shot Put @ SP1	Shot Put @ SP2	High Jump @ HJ1	High Jump @ HJ2	8:30	Relays	Relays	Relays	Relays	Long Jump @ LJ1	Long Jump @ LJ2	Discus @ Dis2	Discus @ Dis1	8:30
8:35									8:35									8:35
8:40									8:40									8:40
8:45									8:45									8:45
8:50									8:50									8:50
8:55									8:55									8:55
9:00									9:00	800m								9:00
9:05									9:05		800m							9:05
9:10									9:10									9:10
9:15			Discus @ Dis2	Discus @ Dis1			800m		9:15	Shot Put @ SP1	Shot Put @ SP2	70m @ FS						9:15
9:20								800m	9:20				70m @ FS					9:20
9:25									9:25									9:25
9:30									9:30					70m @ FS		1500m		9:30
9:35									9:35						70m @ FS		1500m	9:35
9:40									9:40									9:40
9:45					70m @ FS				9:45			1500m						9:45
9:50						70m @ FS			9:50				1500m					9:50
9:55									9:55									9:55
10:00			70m @ FS		Discus @ Dis2	Discus @ Dis1	Shot Put @ SP1	Shot Put @ SP2	10:00	High Jump @ HJ1	High Jump @ HJ2	Long Jump @ LJ1	Long Jump @ LJ2	1500m				10:00
10:05				70m @ FS					10:05						1500m			10:05
10:10									10:10									10:10
10:15	100m @ BS								10:15							200m		10:15
10:20		100m @ BS							10:20								200m	10:20
10:25									10:25									10:25
10:30			100m @ BS						10:30					100m @ FS		Triple Jump @ TJ1	Triple Jump @ TJ2	10:30
10:35				100m @ BS					10:35						100m @ FS			10:35
10:40									10:40									10:40
10:45					100m @ BS				10:45	100m @ FS				Discus @ Dis2	Discus @ Dis1			10:45
10:50						100m @ BS			10:50		100m @ FS							10:50
10:55									10:55									10:55
11:00							100m @ BS		11:00			100m @ FS						11:00
11:05								100m @ BS	11:05				100m @ FS					11:05
11:10									11:10									11:10
11:15									11:15			Shot Put @ SP1	Shot Put @ SP2					11:15
11:20									11:20									11:20
11:25									11:25									11:25
11:30									11:30							100m @ FS		11:30
11:35									11:35								100m @ FS	11:35
11:40									11:40									11:40
11:45									11:45									11:45
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