BOX HILL LAC PROGRAM C 2021/22

FRONT STRAIGHT			BACK STRAIGHT			CIRCULAR			L/JUMP PIT 1		L/JUMP PIT 2		T/JUMP PIT 1		T/JUMP PIT 2	
TIME	**EVENT**	**AGE**	**TIME**	**EVENT**	**AGE**	**TIME**	**EVENT**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**
2.25	200H	U13-14B	2.15	300H	U15-16B	2.05	300	U6-7G	1.40	U6-7B	1.40	U6-7G	2.15	U12G	2.15	U11G
2.30	200H	U13-14G	2.20	300H	U15-16G	2.10	300	U6-7B	2.15	U10G	2.15	U10B	3.00	U12B	3.25	U11B
			2.30	70	U9B	3.35	1100	U10G								
2.40	200	U9B	2.35	70	U6-7B	3.40	1100	U10B								
2.45	200	U12B	2.40	70	U6-7G	3.45	1500	U12G								
2.50	200	U12G				3.50	1500	U12B								
2.55	200	U10G	2.50	70	U9G											
3.00	200	U10B	2.55	70	U8G	4.00	1500	U11B								
			3.00	70	U8B	4.10	1500	U11G	**H/JUMP 1**		**H/JUMP 2 (Scissor)**		**H/JUMP 3**			
3.10	200	U9G				4.15	1500	U13-16B	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**		
3.15	200	U11B	3.10	70	U10G	4.20	1500	U13-16G	2.30	U13-16B	2.15	U8B				
3.20	200	U11G	3.15	70	U10B				3.40	U13-16G	3.00	U8G				
			3.20	100	U9B											
3.30	100	U13-16G	3.25	100	U9G											
3.35	100	U12G	3.40	100	U8B											
3.40	100	U12B	3.50	100	U8G											
			SHOT PUT small x2		**SHOT PUT 1**		**SHOT PUT 2**		**DISCUS 1**		**DISCUS 2**		**JAVELIN**			
3.50	100	U13-16B	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**	**TIME**	**AGE**		
3.55	100	U11B	A 2.45	U6-7G	2.15	U8G	2.15	U9G	2.15	U12B	2.15	U11B				
4.00	100	U11G	B 2.45	U6-7B	3.10	U8B	2.45	U9B	2.45	U13-16G	3.00	U12G				
									3.15	U13-16B	3.30	U11G				

	U6		U7		U8		U9		U10		U11		U12		U13 - 16	
	G	**B**	**G**	**B**	**G**	**B**	**G**	**B**	**G**	**B**	**G**	**B**	**G**	**B**	**G**	**B**
1	LJ	LJ	LJ	LJ	SP	HJ	SP	70	LJ	LJ	TJ	DIS	TJ	DIS	300-200H	300-200H
	1.40	1.40	1.40	1.40	2.15	2.15	2.15	2.30	2.15	2.15	2.15	2.15	2.15	2.15	2.20	2.15
2	300	300	300	300	70	70	70	200	200	200	200	200	200	200	DIS	HJ
	2.05	2.10	2.05	2.10	2.55	3.00	2.50	2.40	2.55	3.00	3.20	3.15	2.50	2.45	2.45	2.30
3	70	70	70	70	HJ	SP	200	SP	70	70	DISC	TJ	DISC	TJ	100	DIS
	2.40	2.35	2.40	2.35	3.00	3.10	3.10	2.45	3.10	3.15	3.30	3.25	3.00	3.00	3.30	3.15
4	SP	SP	SP	SP	100	100	100	100	1100	1100	100	100	100	100	HJ	100
	2.45	2.45	2.45	2.45	3.50	3.40	3.25	3.20	3.35	3.40	4.00	3.55	3.35	3.40	3.40	3.50
5											1500	1500	1500	1500	1500	1500
											4.10	4.00	3.45	3.50	4.20	4.15