



West Lakes & Districts Little Athletics Centre

Centro Metro Regional Games - Sunday November 13th.

Alan Iverson Reserve, Corner Langham Place & Gracechurch Street, Port Adelaide

Warm up 9.00am. 1st event & Tiny Tots 9.30am.

TIME	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15-17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
9.30	100		HJ2	HJ3	SP1	LJ1	D1		HJ4				HJ5	800	SP3	SP4	D2	SP2	LJ2	800
9.40								100		800		800								
9.50		100																		
10.00	70										SP2									LJ2
10.10	HJ1				100			SP3	LJ1	SP1		HJ4	D2	HJ5	800	D1			SP4	
10.20		70				HJ2											800	800		
10.30			200				100													
10.40				200							HJ3								SP4	
10.50		HJ1			200		HJ4		100			200		SP3	HJ5	LJ2		D2	D1	SP2
11.00								LJ1		100			SP1							
11.10	200		100		HJ2															
11.20				SP4		100					200	100								
11.30									SP2	HJ3				100	D2	800	HJ5	LJ2	800	D1
11.40		SP1	LJ1				200					SP3	100							
11.50						200		200			100									
12.00	SP4			D2									800			100				
12.10					D1		SP2	HJ3						LJ2	100		100	100		
12.20		200	SP3			SP1				LJ1									100	100
12.30									800											
12.40				100							800									
12.50																				
1.00																				

ALLOW TIME TO GET TO SQUAD LA @ HENLEY

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(off Grand Junction Road).
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