



## 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		800		HJ5	800	SP3	SP4	D2	SP2	LJ2	800	
9.40								100													
9.50		100																			
10.00	70											SP2									LJ2
10.10	HJ1				100				LJ1	SP1				D2	HJ5	800	D1				SP4
10.20		70				HJ2												800			
10.30			200				100														
10.40				200								HJ3									
10.50		HJ1			200		HJ4			100					SP3	HJ5	LJ2	D2	D1		SP2
11.00											100			SP1							
11.10	200				HJ2																
11.20				SP4		100					200										
11.30									SP2	HJ3											
11.40		SP1	LJ1				200														
11.50						200					100										
12.00	SP4			D2																	
12.10					D1		SP2			HJ3											
12.20		200	SP3			SP1					LJ1							LJ2	100		100
12.30									800												
12.40				100																	
12.50																					
1.00																					

ALLOW TIME TO GET TO SQUAD LA @ HENLEY



**Centro Metro Regional Games - Sunday November 13th.**  
 Alan Iverson Reserve, Corner Langham Place & Gracechurch Street, Port Adelaide  
 (off Grand Junction Road).  
 Warm up 9.00am. 1st event & Tiny Tots 9.30am.

