					3011 2020	-		-			-			-	1			
r	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B
6:00 PM											Javelin for U11-U17 Starting at 6:00pm							
6:30 PM			6:30) All athlete	s at age gro	up allocated	area and sign-in with Age Group Manager // 6:3				35 = 10min Warm Up // 6:45 be at your first Event ready to start.							
6:45 PM	On -	Track	Discus	Discus	LJ	SP	НJ	100m	LJ	200m	НJ		TJ	TJ				
			south	north	Start Line	east @	Scissor		Finish Line		Large Mat		Finish Line	Start Line	200m			100m
			near HJ	near 200m		200m start	small mat		Ī							200m	100m	
	SP	SP		start]			100m						
	west @	west @								100m								200m
	front	front		ļ					1									
7:15 PM	straight	straight	350 g			1.5 kg			1						100m		200m	
				350 g	-			HJ										
ca 7:30	1 kg	1 kg		L				Scissor			L	200m				100m		
Toddlers Race	Toddler Race Time		Time				small mat							LJ				
	100m	100m			SP	Start Line					200m				Finish Line	•		
	L J @ TJ PIT	L J @ TJ PIT	100m		west @ front										-		TJ	
7:45 PM	Finish Line	Finish Line		100m	straight			-					200m				Start Line	
				-	otraight		100m					H J		200m				
	_				1.51				400			Large Mat			_			
			200m		1.5 kg				100m	H J Scissor		-						
	70m	70m		200m	000					small mat						L J Finish Line		TJ
8:15 PM	70m 70m 70m		70m	200m	200						-						Finish Line	
0.13 FW	Opportunity for some			7011	70m	200m			200m			-				-		
	mini Hurdle practice				7011	70m			20011			-				-		
		on back straight				7011		200m			100m					-		
	+						200m	20011			100111		100m			-		
							200						room	100m		-		
8:45 PM		L	L															
	-							PACK	-UP 8:45 pi	n (No Dilly	Dally)							
	-																	
9:00 PM				1	1	1	LIGHTS 7	FURN OFF	9:00 pm	Automatic '	Timer, Whit	tehorse CC)	-					
		istance _ L																
	Circular _ Lanes 1-6		= 6 lanes															
	Front Straight _ Lanes 7-12		= 6 lanes															
		_						Open Sho	t Put - west	(near front	straight) **	k		Open Sho	t Put - wes	t (near front	straight) **	
	U6 - U8 age groups Schedule			d events only (no 'Open' events)			U9-U11: Open Discus - north (near 200n						U12-U17: Open Shot Put - west (near front straight) ** Open Discus - south (near HJ) **					
L					, (ope		•				uled program events have priority (over 'Open' athletes)							
Events	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B
Program B	OT	OT	Disc	Disc	LJ	SP	HJ	9B 100m	LJ	200m	HJ	100m	TJ	TJ	200m	200m	14-17G	14-17B
			Disc	Disc			110					10011				20011		10011
	SP	SP			SP			H.I	100m	100m	200m		200m	200m	100m		200m	200m
	SP 100m	SP 100m	100m	100m	SP 200m	LJ 200m	100m	HJ	100m	100m	200m	200m	200m	200m	100m LJ	100m	200m TJ	200m
	SP 100m LJ	SP 100m LJ	100m 200m	100m 200m	SP 200m	LJ 200m	100m 200m				200m 100m	200m HJ				100m LJ		
	100m	100m	100m 200m 70m	100m 200m 70m			100m 200m	HJ 200m	100m 200m	100m HJ		200m HJ	100m	100m				200m TJ

Season 2023/24 Program E (modified) - TWILIGHT {also possible HEAT Program}