

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

	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 athletes at age group allocated area and sign-in with Age Group Manager // 6:35 = 10min Warm Up // 6:45 be at your first Event ready to start.																		
6:45 PM	On - Track		Discus south near HJ	Discus north near 200m start	L J Start Line	S P east @ 200m start	H J Scissor small mat	100m	L J Finish Line	200m	H J Large Mat		TJ Finish Line	TJ Start Line					
	S P west @ front straight	S P west @ front straight	350 g			1.5 kg				100m			100m						100m
7:15 PM					350 g														
ca 7:30	1 kg	1 kg											200m						100m
Toddlers Race	Toddler Race Time																		
	100m	100m																	
7:45 PM	L J @ TJ PIT Finish Line	L J @ TJ PIT Finish Line	100m	100m		S P west @ front straight	L J Start Line				200m								
			200m		1.5 kg				100m		H J Scissor small mat		H J Large Mat		200m				
				200m															
8:15 PM	70m	70m				200m													
	Opportunity for some mini Hurdle practice on back straight				70m				200m										
								200m											
8:45 PM	PACK-UP 8:45 pm (No Dilly Dally)																		
9:00 PM	LIGHTS TURN OFF 9:00 pm (Automatic Timer, Whitehorse CC)																		
	Distance _ Lanes x-x																		
	Circular _ Lanes 1-6		= 6 lanes																
	Front Straight _ Lanes 7-12		= 6 lanes																
	U6 - U8 age groups Scheduled events only (no 'Open' events)						U9-U11: Open Shot Put - west (near front straight) **						U12-U17: Open Shot Put - west (near front straight) **						
							Open Discus - north (near 200m start) **						Open Discus - south (near HJ) **						
	** Note: Scheduled program events have priority (over 'Open' athletes)																		
Events Program B	6G	6B	7G	7B	8G	8B	9G	9B	10G	10B	11G	11B	12G	12B	13G	13B	14-17G	14-17B	
	OT	OT	Disc	Disc	LJ	SP	HJ	100m	LJ	200m	HJ	100m	TJ	TJ	200m	200m	100m	100m	
	SP	SP			SP	LJ		HJ	100m	100m	200m		200m	200m	100m		200m	200m	
	100m	100m	100m	100m	200m	200m	100m					200m			LJ	100m	TJ		
	LJ	LJ	200m	200m			200m	200m	200m	HJ	100m	HJ	100m	100m			LJ		TJ
	70m	70m	70m	70m															