

Season 2022/23 Program E - TWILIGHT {also possible HEAT Program (reset 400m to 200m) }

	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 6:00am								
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	400m	H J Large Mat	100m	TJ Finish Line	TJ Start Line	400m		400m	100m	100m
	S P west @ front straight	S P west @ front straight																	
7:15 PM																			
ca 7:30	1 kg	1 kg																	
Toddlers Race	Toddlers Race Time																		
	100m	100m	100m			S P west @ front straight			L J Start Line										
7:45 PM	L J @ TJ PIT Finish Line	L J @ TJ PIT Finish Line		100m				100m					400m						TJ Start Line
			200m			1.5 kg							H J Large Mat						L J Finish Line
				200m															
	70m	70m			200m														
8:15 PM	Opportunity for some mini Hurdle practice on back straight					70m													
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																
	No 'open' events for U6 - U8 age groups						U9-U11: Open Shot Put - east (near 200m start) **						U12-U17: Open Shot Put - west (near front straight) **						
							Open Discus - north (near 200m start) **						Open Discus - south (near HJ) **						
	** Note: Scheduled events have priority																		
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	400m	HJ	100m	TJ	TJ	400m	400m	100m	100m	
	SP	SP			SP	LJ		HJ	100m	100m	400m		400m	400m	100m		400m	400m	
	100m	100m	100m	100m	200m	200m	100m					400m			LJ	100m	TJ		
	LJ	LJ	200m	200m			400m	400m	400m	HJ	100m	HJ	100m	100m			LJ		
	70m	70m	70m	70m															

E - Tw																			
reg. 06-12-22	11	4	8	20	12	11	23	18	25	21	14	19	9	12	7	12	13	17	
256																	7 2 3 1	6 6 3 2	

event in use: Front Circ ~~Dist~~ Jav HJ large HJ scissor LJ start LJ finish TJ start TJ finish SP east SP west Disc north Disc south ~~walk judges~~ ~~Hurdle help~~