

Season 2022/23 Program TWILIGHT (D)

	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		SP east @ 200m start	SP west @ Front Straight	H J Scissor small mat	Discus north @ 200m start	L J Start Line	100m	800m group st	L J Finish Line	TJ Finish Line	TJ Start Line	H J Large Mat				100m		
	Discus south near HJ	Discus south near HJ	1 kg						100m						100m		1500m		
7:15 PM	350 g	350 g	100m	1 kg												1500m	1500m		
ca 7:30	300m			100m	Discus south near HJ	H J Scissor small mat													
Toddlers Race	300m								L J Finish Line	Toddler Race Time								L J Start Line	100m
7:45 PM	L J @ TJ PIT Finish Line	L J @ TJ PIT Finish Line																	
								100m				1500m							
			500m																
8:15 PM	100m	100m		500m	100m														
	? On - Track ?					100m													
								800m group st											
								800m group st											
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 1-2																		
	Circular _ Lanes x-x																		
	Front Straight _ Lanes 3-12			=10 lanes															
	No open events for U6 - U8 age groups						U9 - U11 : Open Shot Put (west, near front straight, **)						U12 - U17 : Open Shot Put (east, near 200m start **)						
							U9 - U11 : Open Discus (south, near HJ **)						U12 - U17 : Open Discus (north, near 200m start **)						
	<b>** Note: Scheduled events have priority</b>																		
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	SP	SP	HJ	Disc	LJ	100m	800	LJ	TJ	HJ	100m	100m	100m	100m	100m	1500	
	Disc	Disc	100m	100m	Disc	HJ			100m	100m		1500	1500		1500	1500	1500	1500	
	300	300	500	500	70m	70m	100m	LJ			1500			1500	TJ		LJ	100m	
	LJ	LJ					800	800	HJ	800	100m	100m	100m	HJ		TJ		LJ	
	100m	100m																	

T-B  
reg. 19-11-22  
249

T-B  
17  
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~~