

Program 1

TWILIGHT		6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15/16/17B	15/16/17G	
4:25		SETUP OF ALL TRACK AND FIELD SITES																				
7:25	7:45	60MH		60MH	SP	60MH		700MV	LJ	1100MV		1500M	1500MV	1500M	1500M	1500MV	HJ	Wark/Jav	D	Wark/Jav	D	
						60MH		60MH		1100MV					1500M	JAV	HJ					
			D				SP			60MH		1100MV							1500M			1500M
												80MH	80MH									
				D				TURBO			SP	HJ	HJ	80MH	TJ	80MH	1500M					100/10MH
					70M	500M			D	LJ				800M				90MH				
		Vortex		Vortex			70M				SP			800M		800M						
					200M				70M	800M	HJ		TJ	LJ	D		200MH	800M	200MH	800M		300MH
												800M										
		100M		300M					100M	TURBO						LJ	TJ	SP	HJ	SP		HJ
						D		HJ			400M			SP	400M							
			LJ@tj	100M			LJ		200M		JAV	D										
						100M									HJ		400M		400M			400M
									400M		D	200M	JAV			200M		LJ				
								200M	SP		400M											
																	D					TJ
											100M	LJ			100M							
														200M		100M		200M				200M
																	100M					
																						100M
12:10	9:10																					100M

FINISH

Program will commence on time at 7:45am / 4:45pm. First marshal call is at 7:35am / 4:35pm. These are indicative times only as program will at times be ahead or behind schedule. It is the responsibility of all athletes to listen for the marshalling calls.

U14-17 program will commence Discus, Walks and Javelin at 7:45am / 4:45pm. U14-17 walkers proceed to Javelin immediately on completion of the walk and will be entitled to throw. Athletes late to Javelin that did not conduct the walk will not be entitled to throw.