

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
7:20	4:20	SETUP OF ALL TRACK AND FIELD SITES																			
7:45	4:45	60MH		60MH	SP			700MW	LJ				1500M	1500MW		1500MW		Walk/Jav	D	Walk/Jav	D
										60MH					1500M	JAV					
						60MH		60MH													
			D				SP			1100MW		1100MW									
												80MH		80MH						1500M	1500M
				D				TURBO			SP		HJ		TJ	80MH	1500M				
					70M		500M			LJ								90MH		100/110MH	
		Vortex		Vortex				70M					SP			800M					
										70M	800M		TJ					800M	200MH	800M	300MH
			70M		200M	TURBO		800M			HJ			LJ	D		200MH				
							200M					800M	100M								
				300M				100M	TURBO							LJ		SP	HJ	SP	HJ
		100M				D									400M		TJ				
							HJ				400M			SP							
		LJ@tj	100M				LJ			200M		JAV	D								
						100M										SP			400M		400M
					LJ@tj										HJ		400M				
								400M			D	200M		JAV				LJ		LJ	
																200M					
								SP					400M							TJ	TJ
								200M			100M						D				
												LJ			100M			200M		200M	
														200M			100M				
																				100M	100M
12:10	9:10	FINISH																			

Program will commence on time at 7:45am / 4:45pm. First marshal call is at 7:40am / 4:40pm. 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.

Program 2

	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
7:20	4:20	SETUP OF ALL TRACK AND FIELD SITES																			
7:45	4:45		60MH	SP	60MH			LJ	700MW			1500M			1500MW		1500MW	D	Walk/Jav	D	Walk/Jav
											<u>60MH</u>			1500M			JAV				
							<u>60MH</u>		60MH												
		D				SP					<u>1100MW</u>		1100MW								
																		1500M		1500M	
													<u>80MH</u>		<u>80MH</u>						
					D				TURBO	SP		HJ		TJ		1500M	80MH				
							500M				LJ								80MH		90/100MH
			70M					D							800M						
			Vortex		Vortex	70M							SP				800M				
									70M		TJ							200MH	800M	300MH	800M
		70M		200M					70M		800M			D	LJ	200MH					
						200M	TURBO			800M	HJ										
					300M				100M									LJ	HJ	SP	HJ
			100M					D													
									HJ	400M					400M		TJ				
		LJ@tj			100M	LJ					200M	D	JAV								
							100M										SP	400M		400M	
				LJ@tj										HJ		400M					
								400M		D			200M		JAV				LJ		LJ
																		200M			
								SP				400M							TJ		TJ
									200M	100M							D				
													LJ	100M					200M		200M
															200M	100M					
																		100M		100M	
12:10	9:10	FINISH																			

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