MELVILLE LITTLE ATHLETICS CENTRE – 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***																			
7:30	**4:30**	***WARM-UP AND GET READY TO COMPETE***																			
7:45	**4:45**													1500MW		1500MW		Walk/Jav	D	Walk/Jav	D
		60MH	SP	60MH	SP			700MW	LJ				1500M				HJ				
										60MH					1500M	JAV					
						60MH		60MH													
							SP			1100MW		1100MW									
																			1500M		1500M
												80MH		80MH							
		D		D				TURBO			SP		HJ		TJ	80MH	1500M				
						500M				LJ								90MH		100/110MH	
			70M		70M				D					800M							
		Vortex		Vortex			70M					SP				800M					
											70M		TJ					800M	200MH	800M	300MH
									70M	800M				LJ	D		200MH				
			200M		200M	TURBO		800M			HJ										
							200M					800M	100M								
				300M					100M	TURBO						LJ		SP	HJ	SP	HJ
						D									400M		TJ				
								HJ			400M			SP							
		100M		100M			LJ			200M		JAV	D								
						100M										SP			400M		400M
			LJ@tj		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
		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 7:450am / 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.

MELVILLE LITTLE ATHLETICS CENTRE – 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***																			
7:30	4:30	***WARM-UP AND GET READY TO COMPETE***																			
7:45	4:45														1500MW		1500MW	D	Walk/Jav	D	Walk/Jav
		SP	60MH	SP	60MH			LJ	700MW			1500M				HJ					
											60MH			1500M			JAV				
							60MH		60MH												
						SP					1100MW		1100MW								
																		1500M		1500M	
													80MH		80MH						
			D		D				TURBO	SP		HJ		TJ		1500M	80MH				
							500M				LJ								80MH		90/100MH
		70M		70M				D							800M						
			Vortex		Vortex	70M							SP				800M				
										70M		TJ						200MH	800M	300MH	800M
								70M			800M			D	LJ	200MH					
		200M		200M			TURBO		800M	HJ											
						200M						100M	800M								
					300M			100M			TURBO						LJ	HJ	SP	HJ	SP
							D							400M		TJ					
									HJ	400M					SP						
			100M		100M	LJ					200M	D	JAV								
							100M										SP	400M		400M	
		LJ@tj		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	
		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 7:40am / 4:40pm. 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.