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 !***																			
7:40	4:45													1500MW		1500MW		Walk/Jav	D	Walk/Jav	D
		60MH	**SP**	60MH	SP			700MW	LJ				1500M				HJ				
										60MH					1500M	JAV					
						60MH		60MH		-										2	
							SP			**1100MW**		1100MW									
		D		D															1500M		1500M
												80MH	-	**80MH**							
								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 7:40am / 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 7:40am / 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.