

Friday 16th November

Twilight 16 th November	5.15	5.30	5.45	6.00	6.15	6.30	6.45	7.00	7.15	7.30	7.45	8.00	8.15	8.30
U6 BOYS	On Track Program 5:30pm till 7:00pm													
U6 GIRLS														
U7 BOYS	WarmUp		100M		200M		DIS			LJ				
U7 GIRLS	WarmUp		100M		200M		LJ		SP					
U8 BOYS	WarmUp		100M	DIS	200M			LJ						
U8 GIRLS	WarmUp		100M	SP	200M				HJ					
U9 BOYS	WarmUp	100M	SP			200M	TJ			800M				
U9 GIRLS	WarmUp	100M	TJ			200M	DIS			800M				
U10 BOYS	WarmUp		100M	TJ		200M	SP			800M	LJ			
U10 GIRLS	WarmUp	100M	HJ			200M	SP			800M	LJ			
U11 BOYS	WarmUp	100M	LJ		SP		200M		DIS			800M		
U11 GIRLS	WarmUp	100M	LJ		SP		200M			DIS		800M		
U12 BOYS	WarmUp	TJ		100M	DIS		200M		LJ		800M			
U12 GIRLS	WarmUp	SP		100M	DIS		200M		HJ		800M			
U13 BOYS	JAV			100M	TJ			200M	SP			800M		
U13 GIRLS	JAV			100M	HJ			200M		SP		800M		
U14 BOYS	JAV			100M	TJ			200M	SP			800M		
U14 GIRLS	JAV			100M	HJ				200M		SP	800M		
U15 BOYS	JAV			100M	TJ			200M	SP			800M		
U15 GIRLS	JAV			100M	HJ				200M		SP	800M		