



# Twilight Program Friday February 29th



	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
<b>Twilight 29<sup>th</sup> February</b>													
<b>U6 BOYS</b>	<b>On trackers: 5:30pm – 7:00pm</b>												
<b>U6 GIRLS</b>	<b>On trackers: 5:30pm – 7:00pm</b>												
<b>U7 BOYS</b>	WarmUp		70M	SP	100M		LJ						
<b>U7 GIRLS</b>	WarmUp		70M	DIS	100M		LJ						
<b>U8 BOYS</b>	WarmUp		70M	SP		200M	HJ			400D			
<b>U8 GIRLS</b>	WarmUp	LJ	70M			200M	SP			400D			
<b>U9 BOYS</b>	1100W		LJ	70M		200M		DIS		800M			
<b>U9 GIRLS</b>	1100W		LJ	70M		200M		DIS		800M			
<b>U10 BOYS</b>	1100W		TJ	70M			200M		800M	SP			
<b>U10 GIRLS</b>	1100W		TJ	70M			200M	SP			800M		
<b>U11 BOYS</b>	1500W		70M	DIS			200M		LJ		1500M		
<b>U11 GIRLS</b>	1500W			70M	SP		200M	HJ			1500M		
<b>U12 BOYS</b>	1500W		70M		LJ		200M			1500M		DIS	
<b>U12 GIRLS</b>	1500W			70M	LJ		200M			1500M	DIS		
<b>U13 BOYS</b>	1500W		70M	HJ				200M		DIS		1500M	
<b>U13 GIRLS</b>	1500W			70M		DIS		200M		LJ		1500M	
<b>U14 BOYS</b>	1500W		70M	HJ				200M		DIS		1500M	
<b>U14 GIRLS</b>	1500W			70M		DIS		200M	LJ			1500M	
<b>U15 BOYS</b>	1500W		70M	HJ				200M		DIS		1500M	
<b>U15 GIRLS</b>	1500W			70M		DIS		200M	LJ			1500M	

<b>Twilight 29<sup>th</sup> February</b>	5.30	5.45	6.00	6.15	6.30	6.45	7.00	7.15	7.30	7.45	8.00
<b>Long Jump P1 B OFFICAL</b>	8G	9B		12G		7B		11B			
<b>Long Jump P2 A OFFICAL</b>		9G		12B		7G		14-15G	13G		
<b>Triple Jump P1 A OFFICAL</b>		10B									
<b>Triple Jump P2 B OFFICAL</b>		10G									
<b>Shot Put 1 A OFFICAL</b>			7B	11G		8G					
<b>Shot Put 2 B OFFICAL</b>			8B				10G		10B		
<b>Discus 1 A OFFICAL</b>			7G		13G		9B		13-15B		12B
<b>Discus 2 B OFFICAL</b>			11B		14-15G		9G			12G	
<b>High Jump Big B OFFICAL</b>			13-15B				11G				
<b>High Jump Small A OFFICAL</b>						8B					

Jumps & throws 1- oval

Jumps & throws 2- North Road

SP: 1- Javelin, 2- sprints