



2018-19 PROGRAMS

| OPENING DAY PROGRAM | | | | | | | | |
|---------------------|----------|--------|-----------|-----------|-----------|-----------|---------|---------|
| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14-U17 |
| 70m | 70m | Discus | Long Jump | Turbo | Long Jump | 400m | 400m | 400m |
| Shot Put | Shot Put | 200m | 200m | 200m | 400m | Long Jump | Discus | Discus |
| 100m | 100m | Turbo | Shot Put | Long Jump | Shot Put | Javelin | 100m | 100m |
| | | 100m | 100m | 100m | 100m | 100m | Javelin | Javelin |

| PROGRAM 1 | | | | | | | | |
|-----------|--------|-------------|-------------|-------------|-------------|-------------|-----------|-----------|
| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14-U17 |
| | | | | | 1500m | 1500m | 1500m | 1500m |
| Vortex | Vortex | Long Jump | 800m | 800m | Triple Jump | Discus | Hurdles** | Hurdles** |
| Discus | Discus | 60m Hurdles | 60m Hurdles | 60m Hurdles | 60m Hurdles | 60m Hurdles | Long Jump | Long Jump |
| 100m | 200m | Shot Put | Discus | Turbo | 400m | Triple Jump | 400m | 400m |
| | 100m | 200m | Long Jump | Scissors | Javelin | 400m | High Jump | High Jump |
| | | 100m | 200m | 200m | 100m | 100m | Shot Put | Shot Put |
| | | | 100m | 100m | | | 100m | 100m |

| PROGRAM 2 | | | | | | | | |
|-----------|-----------|--------|-----------|------------|------------|------------|-------------|-------------|
| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14-U17 |
| | | | 700m Walk | 1100m Walk | 1100m Walk | 1500m Walk | 1500m Walk | 1500m Walk |
| Long Jump | 300m | 500m | 400m | 400m | Discus | High Jump | Triple Jump | Triple Jump |
| Shot Put | Long Jump | Discus | Shot Put | Discus | 800m | 800m | 800m | 800m |
| 70m | Shot Put | 70m | Turbo | Shot Put | High Jump | Javelin | Discus | Discus |
| | 70m | Turbo | 70m | Long Jump | 200m | Long Jump | 200m/300m H | 200m/300m H |
| | | | Scissors | 70m | Shot Put | 200m | Javelin | Javelin |
| | | | | | Long Jump | Shot Put | 200m | 200m |

| # TWILIGHT PROGRAM 1 - FRIDAY 14th DECEMBER 2018 | | | | | | | | |
|--|-----------|-----------|--------|----------|-----------|-----------|-----------|-------------|
| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14-U17 |
| Vortex | Vortex | Shot Put | Discus | Shot Put | Discus | Javelin | High Jump | Shot Put |
| Long Jump | Long Jump | Long Jump | 400m | 400m | Long Jump | High Jump | Discus | Triple Jump |
| 100m | 100m | 100m | 100m | 100m | 400m | 400m | 400m | 400m |
| | | | | | 100m | 100m | 100m | 100m |

| TWILIGHT PROGRAM 2 - FRIDAY 11th JANUARY 2019 | | | | | | | | |
|---|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-----------|
| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14-U17 |
| | | | | | 1500m | 1500m | 1500m | 1500m |
| Discus | Discus | Turbo | 200m | 200m | 200m | 200m | 200m | 200m |
| 60m | 200m | 200m | Shot Put | Turbo | Shot Put | Discus | Shot Put | Javelin |
| Mini Hurdles* | Mini Hurdles* | 60m Hurdles | 60m Hurdles | 60m Hurdles | 60m Hurdles | 60m Hurdles | Hurdles** | Hurdles** |
| | | | Long Jump | Scissors | Triple Jump | Long Jump | Triple Jump | High Jump |

| TWILIGHT PROGRAM 3 - FRIDAY 18th JANUARY 2019 | | | | | | | | |
|---|----------|--------|-----------|------------|------------|-------------|------------|-------------|
| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14-U17 |
| | | | 700m Walk | 1100m Walk | 1100m Walk | 1500m Walk | 1500m Walk | 1500m Walk |
| Shot Put | Shot Put | Discus | Turbo | Discus | 800m | 800m | 800m | 800m |
| 70m | 70m | 70m | 800m | 800m | Javelin | Shot Put | Long Jump | Long Jump |
| 300m | 300m | 500m | Scissors | Long Jump | High Jump | Triple Jump | Javelin | Discus |
| | | | 70m | 70m | | | 200m H | 200m/300m H |

| TWILIGHT MULTI - FRIDAY 25th JANUARY 2019 | | | | | | | | |
|---|-----------|-----------|-----------|-----------|----------------------------|----------------------------|----------------------------|----------------------------|
| U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14-U17 |
| 100m | 100m | 100m | 100m | 100m | 100m | 100m | 100m | Shot Put (G) Discus (B) |
| Vortex | Long Jump | Turbo | Long Jump | Long Jump | Shot Put (G) Discus (B) | Shot Put (G) Discus (B) | Shot Put (G) Discus (B) | 100m |
| Long Jump | Vortex | Long Jump | Turbo | Turbo | Hurdles** | Hurdles** | Hurdles** | Long Jump |
| 300m | 300m | 500m | 800m | 800m | Long Jump | Long Jump | Long Jump | Hurdles** |
| | | | | | 800m | 800m | 800m | 800m |

Last Meet Before Christmas - Twilight meet to include Christmas Festivities

* Non Standard Fun Event that will not count towards end of season point results.

** Distance competed per age group, refer to hurdles chart in the event specifications