

## Joondalup Little Athletics Centre – Twilight 21 Jan 2012

### Under 6 to Under 8 - Program B

Time	U6 Boys	U6 Girls	U7 Boys	U7 Girls	U8 Boys	U8 Girls
4:00	Long Jump	Long Jump	Shot Put	Turbo Javelin	Turbo Javelin	Shot Put
4:30	70m	70m	70m	70m	60m H	60m H
5:00						
5:30	200m	200m	200m	200m	70m	70m
6:00	Turbo Javelin	Turbo Javelin	Long Jump	Discus	Discus	Long Jump

### Under 9 and above – Open Program

- Choose any four events
- Field events are run by Age Group Coordinator. Track events are run by Track Marshall

Time	U9 Boys	U9 Girls	U10/11 Boys	U10 Girls	U11 Girls	U12 Boys	U12/13 Girls	U13 Boys	U14+
3:45	700m W	700m W	1100m W	1100m W	1100m W	1500m W	1500m W	1500m W	1500m W High Jump
4:00	60m H	60m H	1500m (U11B only) 60m H Long Jump	60m H High Jump	1500m 60m H	1500m Discus	1500m Discus	1500m	1500m High Jump
4:30	High Jump	Long Jump	Discus	Discus	Long Jump	400m High Jump	400m Long Jump	400m Javelin	400m Javelin
5:00	400m Shot Put	400m Shot Put	400m High Jump	400m Long Jump	400m Discus	60m H Javelin	60-80m H Javelin	80m H Long Jump	80+m H Long Jump
5:30	70m Long Jump	70m High Jump	Javelin	Javelin	Shot Put	200m Long Jump	200m High Jump	200m Discus	200m Discus
6:00	200m	200m	200m	200m	200m Triple Jump	Shot Put	Shot Put	High Jump	
6:30	800m 100m Turbo Javelin	800m 100m Turbo Javelin	800m 100m Triple Jump	800m 100m Triple Jump	800m 100m High Jump	800m Triple Jump	800m	800m Shot Put	800m Shot Put
7:00	Discus	Discus	Shot Put	Shot Put	Javelin	100m	100m 200m H (U13G only) Triple Jump	100m 200m H Triple Jump	100m 200m H Triple Jump