

Joondalup Little Athletics Centre – Twilight 28 Jan 2012

Under 6 to Under 8 - Program A

Time	U6 Boys	U6 Girls	U7 Boys	U7 Girls	U8 Boys	U8 Girls
4:00	Turbo Javelin	Turbo Javelin	Discus	Long Jump	Long Jump	Discus
4:30	70m	70m	70m	70m	200m	200m
5:00						
5:30	100m	100m	100m	100m	100m	100m
6:00	Long Jump	Long Jump	Turbo Javelin	Shot Put	Shot Put	Turbo Javelin

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	800m 60m H	800m 60m H	800m 60m H Long Jump	800m 60m H High Jump	800m 60m H	800m Shot Put	800m Shot Put	800m	800m High Jump
4:30	200m 70m High Jump	200m 70m Long Jump	200m Discus	200m Discus	200m Long Jump	60m H High Jump	60-80m H Long Jump	80m H Javelin	80+m H Javelin
5:00	Shot Put	Shot Put	High Jump	Long Jump	Discus	200m Javelin	200m Javelin	200m Long Jump	200m Long Jump
5:30	400m Long Jump	400m High Jump	400m Javelin	400m Javelin	400m Shot Put	Long Jump	High Jump	Discus	Discus
6:00	100m	100m	100m	100m	100m Triple Jump	400m Discus	400m Discus	400m High Jump	400m
6:30	Turbo Javelin	Turbo Javelin	1500m (U11B only) Triple Jump	Triple Jump	1500m High Jump	1500m 100m Triple Jump	1500m 100m	1500m 100m Shot Put	1500m 100m Shot Put
7:00	Discus	Discus	Shot Put	Shot Put	Javelin		200m H (U13G only) Triple Jump	200m H Triple Jump	200m H Triple Jump