2023/24 UWALAC Competition Program - Twilight Xmas

15-Dec

	U6		U7		U8		U9		U10		U11		U12		U13		U14	U15	U16/17	U14/U15/U16/U17	
	F (9)	M (11)	F (22)	M (22)	F (27)	M (14)	F (31)	M (21)	F (30)	M (29)	F (24)	M (26)	F (32)	M (32)	F (25)	M (17)	F (28)	F (20)	F (18)	M (8)	
4.45	**Warm Up and Move to Site**																				4.45
5.00	60 mH (2)				60m H (3)				Long Jump (LJ1 & LJ2)	Long Jump (LJ5 & LJ6)	Shot Put (S1)	Shot Put (S2)	Javelin (J1)	High Jump F (HJ1 & HJ2)	Triple (TJ4)	High Jump F (HJ3)	800m		Triple (TJ1)	Javelin (J2)	5.00
5.05		60 mH (2)	60 mH (2)			60m H (2)												800m			5.05
5.10				60 mH (2)			60m H (3)											Discus (D1)			5.10
5.15	70m (2)				500m			60m H (2)													5.15
5.20		70m (2)	70m (2)			500m															5.20
5.25				70m (2)																	5.25
5.30	4 x 100m relay	4 x 100m relay			Long Jump (LJ3	Long Jump (LJ4)	Long Jump (LJ5)	Shot (S2)	60m H (3)								Discus (D1)	Triple (LJ2)	Javelin (J2)		5.30
5.35										60m H (3)										800m	5.35
5.40											80m H (3)				4 x 100m						5.40
5.45												80m H (3)				4 x 100m				Discus (D1)	5.45
5.50			4 x 100m								High Jump (HJ1 & HJ2)		80m H (3)								5.50
5.55				4 x 100m								Triple Jump (LJ3 & LJ4)		80m H (3)							5.55
	SANTA ARRIVES												**SANTA ARRIVES**								
6.00	Vortex (J1)	Vortex (J1)	Discus (D1)	Discus (D2)	4 x 100m				Shot (S2)	Shot (S1)			Triple (TJ1 TJ2)	Javelin (J2)	80m H (3)						6.00
6.05						4 x 100m									Shot Put (S2)	80m H (2)			800m		6.05
6.10							4 x 100m										80m H (3)				6.10
6.15								4 x 100m								Shot Put (S2)		90m H (2)			6.15
6.20					Discus (D1)	Discus (D2)					4 x 100m										6.20
6.25												4 x 100m								90m H (1)	6.25
6.30	200m (2)						Shot (S2)	Long Jump (LJ4)	High Jump S (HJ3 & HJ4)	High Jump S (HJ1 & HJ2)	Triple (TJ3)		High Jump F (HJ1 & HJ2)	Triple (TJ1 & TJ2)			Triple (LJ5 & TJ6)	Javelin (J2)	100m H (2)		6.30
6.35		200m (2)													800m					100m H (1)	6.35
6.40			200m (3)													800m				110m H (1)	6.40
6.45				200m (4)								High Jump F (HJ3)							Discus (D1)		6.45
6.50					70m (1)															Triple (LJ1 & LJ2)	6.50
6.55						70m (1)															6.55
7.00							800m		4 x 100m						High Jump F (HJ3)	Triple (TJ4)	Javelin (J2)				7.00
7.05								800m		4 x 100m											7.05
7.10									800m				4 x 100m								7.10
7.15										800m				4 x 100m							7.15
7.20											800m							4 x 100m			7.20
7.25												800m							4 x 100m		7.25
7.30													800m							4 x 100m	7.30
7.35														800m			4 x 100m				7.35
7.40																					7.40
7.45																					7.45
7.50																					7.50
7.55																					7.55