

2025/26 UWALAC Competition Program - Roster 2 **Twilight**

	25th Oct		8th Nov		29th Nov		11th Dec		22nd Jan		5th Feb		19th Feb		7th Mar						
AM	U7/8		U9		U10		U11		U12		U13		U14		U15		U16	U17/18	U16/17/18	PM	
	F (18)	M (19)	F (9)	M (12)	F (26)	M (18)	F (23)	M (24)	F (30)	M (28)	F (23)	M (20)	F (23)	M (24)	F (14)	M (20)	F (18)	F (9)	M (8)		
7:45	Warm Up																			4:45	
8:00	60 mH (1)		60m H (3)				Long Jump (LJ1 & LJ2)	Discus (D2)	800m	Shot Put (S2)	Javelin (J1)	High Jump F (HJ1 & HJ2)	Shot (S1)	High Jump F (HJ3)	Triple (TJ2)	Javelin (J3)	Discus (D1)	Triple (TJ1)	Javelin (J2)	5:00	
8:05	60 mH (2)	60 mH (1)		60m H (2)																5:05	
8:10		60 mH (2)			60m H (3)				Shot Put (S3)											5:10	
8:15	70m (1)		500m		60m H (2)															5:15	
8:20	70m (2)	70m (1)		500m																5:20	
8:25		70m (2)																		5:25	
8:30	Discus (D2)	Vortex (J1 & J2)	Long Jump (LJ1 & LJ2)	Long Jump (LJ2)	Discus (D1)	Shot (S1)	60m H (3)			800m		High Jump F (HJ1 & HJ2)	200m (3)			Triple (TJ2)			800m	5:30	
8:35								60m H (3)									5:35				
8:40									80m H (3)				800m		Shot (S2)				200m (3)		5:40
8:45																					5:45
8:50								200m (3)											800m		5:50
8:55									800m									80m H (3)			200m (2)
9:00	Wolf Pack 1500m																			6:00	
9:05			Shot (S2)	Shot (S3)	800m		Discus (D2)	Shot (S1)	High Jump F (HJ1 & HJ2)	200m (3)	Triple (LJ3 & LJ4)	Javelin (J2)	80m H (3)		Triple (TJ1)		Discus (D1)	Triple (TJ2)	6:05		
9:10	200m (1)													80m H (2)					6:10		
9:15	200m (3)									800m									6:15		
9:20		200m (1)																	6:20		
9:25		200m (4)																	6:25		
9:30	Vortex (J1)	Discus (D2)			Shot (S2)		Shot (S1)					High Jump F (HJ1 & HJ2)	Triple (TJ1 & TJ2)	Triple (LJ2)	800m	Javelin (J2)	90m H (1)			6:30	
9:35									200m (4)											6:35	
9:40								200m (3)												6:40	
9:45				200m (4)							Triple (LJ1)				800m						6:45
9:50						200m (3)			Discus (D2)												6:50
9:55										200m (4)											6:55
10:00					200m (3)					High Jump F (HJ1 & HJ2)				Triple (LJ2)	800m			Javelin (J1)	Discus (D1)	7:00	
10:05						800m						200m (5)								7:05	
10:10																				7:10	
10:15													800m							7:15	
10:20																	200m (5)			7:20	
10:25																				7:25	