

## TWILIGHT MEET

Under 6 Boys	Under 6 Girls	Under 7 Boys	Under 7 Girls	Under 8 Boys	Under 8 Girls	Under 9 Boys	Under 9 Girls	Under 10 Boys	Under 10 Girls	Under 11 Boys	Under 11 Girls	Under 12 Boys	Under 12 Girls	Under 13 Girls	Open Boys	Open Girls
Warm UP																
Long Jump (JP1)	Long Jump (JP1a)	Vortex (VT1)	Vortex (Ds1a)	Discus (DS2)	Scissor Jump (SJ1)	Discus (DS2a)	Long Jump (JP2)	Shot Put (SP3)	Long Jump (JP3)	400m Back	400m Back	100m	100m	100m		
										High Jump (HJ1)	Shot Put (SP2)	Shot Put (SP1)	Triple Jump (JP4)	Long Jump (JP3)	Long Jump (JP1)	Javelin (JV1)
70m Back	70m Back	70m Back	70m Back	70m Back	70m Back	400m Back Circ	400m Back Circ	400m Back Circ	400m Back Circ							
Vortex (VT1)	Vortex (Ds1a)	Long Jump (JP1)	Long Jump (JP1a)	Scissor Jump (SJ1)	Discus (DS2)	Long Jump (JP3)	Shot Put (DS2a)	Long Jump (JP2)	Shot Put (SP3)	100m	100m	400m Back	400m Back	Javelin (JV1)	100m	100m
										Shot Put (SP2)	High Jump (HJ1)	Triple Jump (JP4)	Shot Put (SP1)		Javelin (JV1)	Javelin (JV1)
200m Circ	200m Circ	400m Back Circ	400m Back Circ	400m Back Circ	400m Back Circ	100m	100m	100m	100m					400m Back		
Wrap UP																