

ALAC TWILIGHT PROGRAM ONE

SPRINT TRACK		CIRCULAR TRACK			HJ	LJ	TJ	DIS	SP
100M	B6	400M	B7			G9	B12	G11	G12
	G6		G7						
	BO		B8						
	GO		G8						
70M	B11		B10			B7		G7	
	G11		G10				G8		
	B12		B9						B8
	G12		G9				LONG		
	B6		B11				JUMP		
	G6		G11			B10		BO	
	B9		B12						
	G9		G12						G10
	B8		BO				B11		
	G8		GO						
	B7	150M	B6						
	G7		G6						
	B10	200M	B12						
	G10		G12			GO		B6	G6
			B8				B9		
			G8						
			B7						
			G7						
			B10						
			G10						
			B9						
			G9						
			B11						
			G11						
			BO						
			GO						

	TWILIGHT ALL				BOYS	GIRLS		
U6	70M	100M	150M		DIS	SP		
U7	70M	200M	400M		LJ	DIS		
U8	70M	200M	400M		SP	TJ		
U9	70M	200M	400M		TJ	LJ		
U10	70M	200M	400M		LJ	SP		
U11	70M	200M	400M		TJ	DIS		
U12	70M	200M	400M		TJ	SP		
OPEN	100M	200M	400M		DIS	LJ		