

ALAC TWILIGHT PROGRAM TWO

SPRINT TRACK		CIRCULAR TRACK				LJ	TJ	DIS	SP
80H	B0	400M	B7			G11	G12	G9	B9
80H	GO	400M	G7						
		400M	B8						
80H	B12	400M	G8						
80H	G12	800M	B10						
60H	B6	800M	G10						
60H	G6						B8	GO	G8
60H	G11	800M	B9						
60H	B11	800M	G9			B6	LONG JUMP		
60H	B10								
60H	G10	800M	B12						
60H	G7	800M	G12						
60H	B7	800M	B0						
60H	B9	800M	GO				G10	B10	
60H	G9	800M	B11						B12
60H	B8	800M	G11			B0			
60H	G8	150M	B6						
		150M	G6						
100M	G12								
100M	G7								
100M	B8						G6	B11	B7
100M	G8					G7			
100M	B9						LONG JUMP		
100M	G9								
100M	B0								
100M	GO								
100M	B10								
100M	G10								
100M	B6								
100M	G6								
100M	B12								
100M	B7								
100M	B11								
100M	G11								
	TWILIGHT ALL						BOYS	GIRLS	
	U6	60H	100M	150M			LJ	LJ	
	U7	60H	100M	400M			SP	LJ	
	U8	60H	100M	400M			LJ	SP	
	U9	60H	100M	800M			SP	DIS	
	U10	60H	100M	800M			DIS	TJ	
	U11	60H	100M	800M			DIS	LJ	
	U12	80H	100M	800M			SP	TJ	
	OPEN	80H	100M	800M			LJ	DIS	