



MULTI NIGHT 2018 - Friday 30 November 2018

Warm up starts 5:45pm. Program starts 6:00pm



U6	U7	U8	U9	U10	U11	U12	U13	U14-17
Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up	Warm up
Shot Put 500g Pink	Long Jump Pit 2	Discus 500gm	100m Straight Track	200m	Long Jump Pit 1	60m Hurdles 68cm	Shot Put 3kg	800m
Shot Put 500g Pink	Long Jump Pit 2	Discus 500gm	800m	60m Hurdles 60cm	Long Jump Pit 1	800m	Shot Put 3kg	High Jump
Long Jump Pit 2	50m Straight Track	700m Pack	Shot Put 2kg Orange	High Jump Scissor mats	60m Hurdles 60cm	Discus 750gm	200m	High Jump
Long Jump Pit 2	500m Pack	60m Hurdles 45cm	Shot Put 2kg Orange	High Jump Scissor mats	200m	Discus 750gm	Long Jump Pit 1	100m Straight Track
50m Straight Track	Shot Put 1kg Blue	Long Jump Pit 2	60m Hurdles 45cm	800m	Shot Put 2kg Orange	High Jump	Long Jump Pit 1	Discus Girls Shot Put Boys
200m	Shot Put 1kg Blue	Long Jump Pit 2	Long Jump Pit 1	Discus 500gm	Shot Put 2kg Orange	High Jump	800m	Discus Girls Shot Put Boys
		100m HurdlesTrack	Long Jump Pit 1	Discus 500gm	800m	200m	100m Straight Track	200m
Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up	Pack Up
Long Jump Pit 2	Shot Put Circle 3 & 4	Timing Gates	Hurdles/ LJ Pit 1	Discus	Timing Gates	High Jump	Timing Gates	Shot Put Circle 1&2