

**MULTI NIGHT PROGRAM 2024/2025**

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

6's	7's	8's	9's	10's	11's	12's	13's	14's - 17's+
300m pack start	Discus 350g Girls - cage 2 Long Jump Boys Pit 2	100m Straight track	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	800m (After 6's 300m)	High Jump Girls Discus 750g Boys - Cage 3	200m	110m H (16B+) 76cm 100m H (14B,15B,16G+) 76cm 90m H (14G,15G) 76cm
Long Jump Pit 2	Discus 350g Girls - cage 2 Long Jump Boys Pit 2	700m Pack start	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	Long Jump Pit 1	High Jump Girls Discus 500g Boys - Cage 2	High Jump Girls Discus 750g Boys - Cage 3	90m Hurdles 76cm Boys 80m Hurdles 76cm Girls	100m Straight track
Long Jump Pit 2	100m Straight track	High Jump - Girls S/mats Flexibar) Shot Put - Boys Circle 3 - 1.5kg	200m	800m	High Jump Girls Discus 500g Boys - Cage 2	80m Hurdles 68cm	Long Jump Pit 1	Discus 1kg (17B 1.5kg) Cage's 2 & 3
Shot Put 500g pink Girls - Circle 3 Boys - Circle 4	500m Pack start	High Jump - Girls S/mats Flexibar) Shot Put - Boys Circle 3 - 1.5kg	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	80m Hurdles 60cm	100m Straight track	Long Jump Pit 1	Discus 1kg (17B 1.5kg) Cage's 2 & 3
Shot Put 500g pink Girls - Circle 3 Boys - Circle 4	Discus 350g Boys - cage 2 Long Jump Girls Pit 2	High Jump - Boys S/mats Flexibar) Shot Put - Girls Circle 3 - 1.5kg	Long Jump Pit 2	Shot Put 2kg Orange Girls - Circle 1 Boys - Circle 2	200m Straight track	High Jump Boys Discus 750g Girls - Cage 3	800m	Triple Jump
50m	Discus 350g Boys - cage 2 Long Jump Girls Pit 2	High Jump - Boys S/mats Flexibar) Shot Put - Girls Circle 3 - 1.5kg	800m	60m Hurdles 60cm	High Jump Boys Discus 500g Girls - Cage 2	High Jump Boys Discus 750g Girls - Cage 3	Shot Put 3kg Girls - Circle 1 Boys - Circle 2	Triple Jump
		60m Hurdles 45cm	60m Hurdles 45cm	100m Straight track	High Jump Boys Discus 500g Girls - Cage 2	800m	Shot Put 3kg Girls - Circle 1 Boys - Circle 2	800m

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