

**MULTI NIGHT 2026/2027**



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

6	7	8	9	10	11	12	13	14+
<b>300m</b> Pack start	<b>100m</b> Straight track (after 13s)	<b>Long Jump</b> Girls - Pit 2	<b>High Jump</b> Girls - Scissor Mat	<b>Long Jump</b> Girls - Pit 1	<b>Long Jump</b> Girls - Pit 1	<b>High Jump</b> Boys (Flop Mats)	<b>200m</b>	<b>100m Hurdles</b> 76cm <b>90m Hurdles</b> (14G,15G only) 76cm
<b>Shot Put 2kg</b> Boys - Circle 4 <b>Long Jump</b> Girls - Pit 2	<b>500m</b> Pack start	<b>Shot Put 1.5kg</b> Boys - Circle 3	<b>Discus 500g</b> Boys - Cage 2	<b>Shot Put 2kg</b> Boys - Circle 1	<b>Discus 500g</b> Boys - Cage 3	<b>Shot Put 2kg</b> Girls - Circle 2	<b>90m Hurdles</b> 76cm Boys <b>80m Hurdles</b> 76cm Girls	<b>100m</b> Straight track
	<b>Long Jump</b> Boys - Pit 2	<b>100m</b> Straight track	<b>800m</b> Pack start	<b>Long Jump</b> Girls - Pit 1 <b>Shot Put 2kg</b> Boys - Circle 1	<b>200m</b>	<b>80m Hurdles</b> 68cm	<b>High Jump</b> Girls (Flop Mats) <b>Shot Put 2kg</b> Boys - Circle 2	<b>Long Jump</b> Girls - Pit 1 <b>Discus</b> Boys - Cage 3
<b>Shot Put 500g</b> Girls - Circle 4 <b>Long Jump</b> Boys - Pit 2	<b>Discus 350g</b> Girls - Cage 2	<b>400m</b> Pack start <b>Inner Track</b>	<b>Shot Put 2kg</b> Girls - Circle 4 <b>High Jump</b> Boys - Scissor Mat		<b>80m Hurdles</b> 60cm	<b>800m</b> Pack start		
	<b>Long Jump</b> Girls - Pit 2	<b>Shot Put 1.5kg</b> Girls - Circle 3		<b>60m Hurdles</b> 60cm	<b>Long Jump</b> Boys - Pit 1 <b>Discus 500g</b> Girls - Cage 2	<b>100m</b> Straight track	<b>800m</b> Pack start	
<b>50m</b> Straight track	<b>Discus 350g</b> Boys - Cage 2	<b>Long Jump</b> Boys - Pit 2	<b>60m Hurdles</b> 45cm	<b>800m</b> Pack start		<b>High Jump</b> Girls (Flop Mats) <b>Shot Put 2kg</b> Boys - Circle 2	<b>High Jump</b> Boys (Flop Mats) <b>Shot Put 2kg</b> Girls - Circle 1	<b>Long Jump</b> Boys - Pit 1 <b>Discus</b> Girls - Cage 3
		<b>Shot Put 1.5kg</b> Girls - Circle 3	<b>70m</b> Straight track	<b>70m</b> Straight track	<b>800m</b> Pack start			