

2021-2022



Athletics
South Australia

#Aths
FOR ALL

Christmas Twilight - Friday 17th December
Draft Program

TRACK			FIELD				
				Pole Vault	Long Jump	Discus	Hammer
6:30	Long Hurdles	400m then 200m	6:30	High Start	U16, U14 Men	Short Throw*	
6:45	150m	Frame Running, Women then Men	6:45				Long Throw*
7:00			7:00				
7:15			7:15		U16, U14 Women		
7:30			7:30				
7:55	Mile	Women then Men	7:45				
8:00			8:00		O35 M&W, U18 Women	Long Throw*	
8:15	300m	Women then Men	8:15				Short Throw*
8:30			8:30				
8:45			8:45		U18, Open M & Open W		
9:00	Steeple	Low to High	9:00				
9:15	3000m	B Race (mixed)	9:15				
9:30	3000m	A Race (mixed)	9:30				

*Final distances for the discus and hammer throw events will be released once registrations close

v2 Program as at 13/12/2021