

updated 03/02/2022

Kew LAC Track and Field Season 2020 - 2021 Twilight Program Schedule



Week 3		5.30 pm	5.45 pm	6.00 pm	6.20 pm	6.40 pm	7.00 pm	7.20 pm	7.40 pm
6B		Warm Up	Skill	100m	Shot Put	Shot Put	50m	LJ	LJ
6G		Warm Up	Skill	100m	Shot Put	Shot Put	50m	LJ	LJ
7B		Warm Up	Skill	100m	LJ	LJ	50m	Shot Put	Shot Put
7G		Warm Up	Skill	100m	LJ	LJ	50m	Shot Put	Shot Put
8B		Warm Up	LJ	LJ	100m	rest	700m unlaned	Shot Put	Shot Put
8G		Warm Up	Shot put	rest	100m	rest	700m unlaned	LJ	LJ
9B		Warm Up	100m	Shot Put	rest	LJ	LJ	800m	
9G		Warm Up	100m	rest	Shot Put	LJ	LJ	800m	
10B		Warm Up	100m	LJ	LJ	800m	Rest	Shot Put	
10G		Warm Up	100m	LJ	LJ	800m	Shot put		
11B		Warm Up	LJ	LJ	100m	rest	Shot put	800m	
11G		Warm Up	LJ	LJ	100m	Shot put	rest	800m	
12B		Warm Up	Shot put	100m	TJ	800m	rest	Shot Put	
12G		Warm Up	Shot put	100m	TJ	800m	rest	Shot Put	
13B+		Warm Up	100m	rest	800m	Shot Put	TJ		
13G+		Warm Up	100m	rest	800m	Shot Put	TJ		