

SLAC Twilight Carnival Program 2025

Track Program

1	12's	1500m
2	14's	1500m
3	16's	1500m
4	8s'	60mH
5	9's	60mH
6	10's	60mH
7	11's	80mH
8	12's	80mH
9	13's	80mH
10	14g	80mH
11	14b	90mH
12	15g	90mH
13	15b	100mH
14	16+	100mH
15	TT's	50m
16	6's	70m
17	7's	70m
18	16+	100m
19	15's	100m
20	14's	100m
21	13's	100m
22	12's	100m
23	11's	100m
24	10's	100m
25	9's	100m
26	8's	100m
27	7's	100m
28	6's	100m
29	10's	800m
30	12's	800m
31	13's	800m
32	15's	800m
33	8's	700m
34	7's	500m
35	6's	300m
36	8's	200m
37	10's	200m
38	12's	200m
39	14's	200m
40	16+	200m
41	9's	400m
42	11's	400m
43	13's	400m
44	15's	400m
45	16+	400m

Field Program

Javelin

1	13's
2	16's
3	12's
4	15's
5	14's

HJ

1	9's
2	11's
3	16's
4	13's
5	15's

LJ

1	TT
2	6's
3	7's
4	8's
5	10's
6	16's
7	12's
8	14's

TJ

1	11's
2	15's
3	13's

Discus

1	7's
2	9's
3	10's
4	16's
5	14's
6	12's

Shot Put

1	8's & 10's
2	15's & 13's
3	TT's & 12's
4	7's & 11's

