

OAC Twilight Meet #4 – October 12th, 2023 - Events Offered.

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MALE											FEMALE									
Mast	Senior	U20	U18	U16	U14		U12		U10	Group	U10	U12			U14	U16	U18	U20	Senior	Mast
35+	20-34	18/19	16/17	14/15	13	12	11	10	9	Age	9	10	11	12	13	14/15	16/17	18/19	20-34	35+
X	X	X	X	X	X	X	X	X	X	100m	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X						200m						X	X	X	X	X
				X	X	X				300m				X	X	X				
X	X	X	X							400m							X	X	X	X
X	X	X	X	X						1 Mile						X	X	X	X	X
X	X	X	X	X	X	X	X	X	X	4 x 100m relay	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X						4 x 800m relay						X	X	X	X	x
X	X	X	X	X	X	X	X	X	X	Long Jump	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X					Triple Jump					X	X	X	X	X	X
X	X	X	X	X	X	X	X	X	X	High Jump	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X	X	X	X	X	Shot Put	X	X	X	X	X	X	X	X	X	X
X	X	X	X	X	X	X	X	X		Discus		X	X	X	X	X	X	X	X	X
X	X	X	X	X						Pole Vault						X	X	X	X	X
X	X	X	X	X						Hammer						X	X	X	X	X