

# Knox Little Athletics Centre - Open Day - Twilight - 6th December 2025

Welcome to the Knox Open Twilight, thanks for entering, we hope the following information will help you enjoy the day.

There are no Call Rooms for any events - just go straight to the marshalling area indicated. Please refer to the maps around the venue if unsure where to go.  
Please check in 15 minutes prior to the listed start time for your events. If you have a clash between a track and a field event, please advise the field event first that you have a clash, then report to the relevant track event. Once you have completed the track event you can go straight to the field event provided you checked in beforehand. Alternatively, if you have time, go to the field event and ask to have your 3 jumps/throws at the start so that you can get to the track event on time.

The Under 15/16/17 athletes will compete as one age group except for Hurdles and boys Discus/Shot Put where Under 16 and 17 are separate events due to different weights/distances.

There are some overlapping field events, especially where athletes have elected to compete up an age group. There will be time to complete both within the allotted time, just make sure you check in to both on time, ask to have your 3 jumps/throws at the start of one, then go to the other. High Jump should take priority over other field events, you can have your 3 jumps/throws either before or after your High Jump, just remember to check in on time.

If you have any questions, one of our committee members will be happy to help.

Ver 1.3

10/11/2025 15:00:00 pm

Track Events					Field Events - Jumps					Field Events - Throws				
Time	EvNbr	Event	AgeGrp	Marshal	Time	EvNbr	Event	AgeGrp	Marshal	Time	EvNbr	Event	AgeGrp	Marshal
2:00 pm	142	90m Hurdles	15G 16G	Area 1	2:00 pm	21	High Jump 2	08B	at event	2:00 pm	91	Shot Put 1	12G	at event
2:06 pm	120	80m Hurdles	14G	Area 1	2:00 pm	64	Triple Jump 1	11B	at event	2:00 pm	49	Shot Put 2	10B	at event
2:06 pm	110	80m Hurdles	13G	Area 1	2:00 pm	89	Long Jump 1	12G	at event	2:00 pm	73	Discus 1	11G	at event
2:10 pm	101	80m Hurdles	13B	Area 1	2:00 pm	40	Long Jump 2	09G	at event	2:00 pm	10	Discus 2	07B	at event
2:14 pm	94	80m Hurdles	12G	Area 1	2:00 pm	15	Long Jump 3	07G	Area 4	2:00 pm	16	Discus 2	07G	at event
2:18 pm	85	80m Hurdles Timed Final 1	12B	Area 1	2:00 pm	134	High Jump 1	15G 16G	at event	2:00 pm	90	Javelin	12G	at event
2:22 pm	75	80m Hurdles	11G	Area 1		148	High Jump 1	15B 16B	at event					
2:26 pm	67	80m Hurdles Timed Final 1	11B	Area 1										
2:28 pm	80m Hurdles Timed Final 2	11B	Area 1		2:20 pm	33	Long Jump 1	09B	at event					
2:34 pm	51	60m Hurdles	10B	Area 1	2:30 pm	217	Triple Jump 1	12B	at event	2:30 pm	108	Discus 1	13G	at event
2:38 pm	59	60m Hurdles Timed Final 1	10G	Area 1						2:36 pm	57	Shot Put 2	10G	at event
2:42 pm	60m Hurdles Timed Final 2	10G	Area 1		2:40 pm	9	Long Jump 3	07B	Area 4					
2:48 pm	43	60m Hurdles Timed Final 1	09G	Area 1						2:50 pm	34	Discus 2	09B	at event
2:50 pm	60m Hurdles Timed Final 2	09G	Area 1							2:50 pm	151	Javelin	15B 16B	
2:54 pm	36	60m Hurdles Timed Final 1	09B	Area 1						2:54 pm	82	Shot Put 1	12B	at event
2:56 pm	60m Hurdles Timed Final 2	09B	Area 1		2:50 pm	135	Triple Jump 1	15G 16G	at event					
3:00 pm	146	1500m Walk	17G 15G	Area 3	2:56 pm	89	High Jump 1	12G	at event					
	160	1500m Walk	16B 15B	Area 3		80	High Jump 1	12B	at event					
	105	1500m Walk	13B	Area 3	3:00 pm	56	High Jump 2	10G	at event	3:15 pm	11	Shot Put 2	07B	at event
	114	1500m Walk	13G	Area 3	3:00 pm	47	Long Jump 2	10B	at event					
3:15 pm	39	700m Walk	09B	Area 3	3:15 pm	149	Triple Jump 1	15B 16B	at event					
	46	700m Walk	09G	Area 3						3:18 pm	137	Javelin	15G 16G 17G	at event
3:25 pm	70	1100m Walk	11B	Area 3	3:22 pm	106	Long Jump 1	13G	at event					
	78	1100m Walk	11G	Area 3						3:30 pm	2	Shot Put 3	06B	Area 4
3:35 pm	23	400m	08B	Area 5	3:35 pm	124	Triple Jump 1	14B	at event	3:34 pm	28	Shot Put 1	08G	at event
3:39 pm	29	400m	08G	Area 5						3:40 pm	65	Discus 2	11B	at event
3:42 pm	3	70m Timed Final 1	06B	Area 1										
3:44 pm	70m Timed Final 2	06B	Area 1		3:48 pm	63	Long Jump 2	11B	at event					
3:48 pm	7	70m	06G	Area 1										

Track Events					Field Events - Jumps					Field Events - Throws				
Time	EvNbr	Event	AgeGrp	Marshal	Time	EvNbr	Event	AgeGrp	Marshal	Time	EvNbr	Event	AgeGrp	Marshal
3:51 pm	12	70m	07B	Area 1	3:55 pm	72	Triple Jump 1	11G	at event	3:50 pm	125	Javelin	14B	at event
3:55 pm	18	70m Timed Final 1	07G	Area 1										
3:57 pm	70m Timed Final 2	07G	Area 1		4:00 pm	147	Long Jump 1	15B 16B	at event					
4:00 pm	24	70m	08B	Area 1	4:00 pm	107	High Jump 1	13G	at event	3:55 pm	138	Shot Put 1	15G 16G 17G	at event
4:03 pm	30	70m Timed Final 1	08G	Area 1	4:00 pm	27	High Jump 2	08G	at event					
4:05 pm	70m Timed Final 2	08G	Area 1							4:08 pm	22	Shot Put 2	08B	at event
4:08 pm	52	70m Timed Final 1	10B	Area 1						4:15 pm	116	Javelin	14G	at event
4:10 pm	70m Timed Final 2	10B	Area 1		4:08 pm	97	Long Jump 2	13B	at event	4:15 pm	150	Discus 1	15B 16B	at event
4:13 pm	60	70m timed Final 1	10G	Area 1						4:16 pm	6	Shot Put 3	06G	Area 4
4:16 pm	70m Timed Final 2	10G	Area 1		4:25 pm	115	Triple Jump 1	14G	at event					
4:20 pm	93	1500m	12G	Area 3										
	84	1500m	12B	Area 3										
4:28 pm	141	1500m	17G 16G 15G	Area 3	4:30 pm	133	Long Jump 1	15G 16G 17G	at event	4:30 pm	99	Discus 1	13B	at event
	155	1500m	15B	Area 3	4:35 pm	1	Long Jump 3	06B	Area 4					
	119	1500m	14G	Area 3										
	128	1500m	14B	Area 3										
				Area 3	4:38 pm	79	Long Jump 2	12B	at event	4:34 pm	17	Shot Put 2	07G	at event
4:36 pm	157	300m Hurdles	15B	Area 4										
	143	300m Hurdles	15G	Area 4										
4:39 pm	102	200m Hurdles	13B	Area 2	4:45 pm	218	Triple Jump 1	12G	at event	4:40 pm	81	Javelin	12B	at event
	130	200m Hurdles	14B	Area 2						4:45 pm	41	Discus 2	09G	at event
	121	200m Hurdles	14G	Area 2						4:52 pm	152	Shot Put 1	15B 16B	at event
4:42 pm	111	200m Hurdles	13G	Area 2										
4:48 pm	14	200m Timed Final 1	07B	Area 2	4:50 pm	48	High Jump 2	10B	at event					
4:50 pm	200m Timed Final 2	07B	Area 2											
4:54 pm	20	200m Timed Final 1	07G	Area 2										
4:56 pm	200m Timed Final 2	07G	Area 2		4:55 pm	55	Long Jump 1	10G	at event	5:00 pm	136	Discus 1	15G 16G 17G	at event
5:00 pm	26	200m	08B	Area 2										
5:04 pm	32	200m Timed Final 1	08G	Area 2										
5:06 pm	200m Timed Final 2	08G	Area 2		5:00 pm	98	High Jump 1	13B	at event					
5:08 pm	200m Timed Final 3	08G	Area 2							5:10 pm	126	Shot Put 2	14G	at event
5:12 pm	4	100m	06B	Area 1						5:18 pm	126	Shot Put 1	14B	at event
5:15 pm	8	100m	06G	Area 1	5:18 pm	5	Long Jump 3	06G	Area 4					
5:18 pm	13	100m Timed Final 1	07B	Area 1										
5:20 pm	100m Timed Final 2	07B	Area 1		5:20 pm	71	Long Jump 2	11G	at event					
5:23 pm	19	100m Timed Final 1	07G	Area 1										
5:25 pm	100m Timed Final 2	07G	Area 1											
5:28 pm	53	100m	08B	Area 1										
5:31 pm	54	100m Timed Final 1	08G	Area 1										
5:33 pm	100m Timed Final 2	08G	Area 1											
5:36 pm	37	100m Timed Final 1	09B	Area 1										
5:38 pm	100m Timed Final 2	09B	Area 1											
5:41 pm	44	100m Timed Final 1	09G	Area 1										
5:43 pm	100m Timed Final 2	09G	Area 1											

## Break

Evening Session - Track Events														
Time	EvNbr	Event	AgeGrp	Marshal	Time	EvNbr	Event	AgeGrp	Marshal	Time	EvNbr	Event	AgeGrp	Marshal
5:55 pm	35	800m	09B	Area 5	7:03 pm	104	200m Timed Final 1	13B	Area 2	8:08 pm	131	100m	14B	Area 1
6:00 pm	42	800m	09G	Area 5	7:05 pm		200m Timed Final 2	13B	Area 2	8:11 pm	122	100m	14G	Area 1
6:05 pm	66	800m	11B	Area 5	7:08 pm	113	200m Timed Final 1	13G	Area 2	8:14 pm	158	100m	15B 16B 17B	Area 1
	74	800m	11G	Area 5	7:10 pm		200m Timed Final 2	13G	Area 2	8:17 pm	144	100m Timed Final 1	15G 16G	Area 1
6:10 pm	109	800m	13G	Area 5	7:13 pm	132	200m	14B	Area 2	8:19 pm		100m Timed Final 2	15G 16G	Area 1
6:15 pm	100	800m	13B	Area 5	7:16 pm	74	200m Timed Final 1	14G	Area 2					
6:20 pm	140	800m	15G 17G	Area 5	7:18 pm		200m Timed Final 2	14G	Area 2	8:25 pm	50	400m Timed Final 1	10B	Area 5
	154	800m	15B 16B 17B	Area 5	7:21 pm	145	200m Timed Final 1	15G 16G 17G	Area 2	8:28 pm		400m Timed Final 2	10B	Area 5
6:25 pm	38	200m	09B	Area 2	7:23 pm		200m Timed Final 2	15G 16G 17G	Area 2	8:31 pm	58	400m Timed Final 1	10G	Area 5
6:28 pm	45	200m Timed Final 1	09G	Area 2	7:26 pm	159	200m Timed Final 1	15B 16B 17B	Area 2	8:27 pm		400m Timed Final 2	10G	Area 5
6:30 pm		200m Timed Final 2	09G	Area 2	7:28 pm		200m Timed Final 2	15B 16B 17B	Area 2	8:30 pm	83	400m Timed Final 1	12B	Area 5
6:33 pm	54	200m Timed Final 1	10B	Area 2	7:32 pm	53	100m Timed Final 1	10B	Area 1	8:33 pm		400m Timed Final 2	12B	Area 5
6:35 pm		200m Timed Final 2	10B	Area 2	7:34 pm		100m Timed Final 2	10B	Area 1	8:36 pm	92	400m Timed Final 1	12G	Area 5
6:37 pm		200m Timed Final 3	10B	Area 2	7:37 pm	61	100m Timed Final 1	10G	Area 1	8:39 pm		400m Timed Final 2	12G	Area 5
6:40 pm	62	200m Timed Final 1	10G	Area 2	7:39 pm		100m Timed Final 2	10G	Area 1	8:41 pm	127	400m	14B	Area 5
6:42 pm		200m Timed Final 2	10G	Area 2	7:42 pm	68	100m Timed Final 1	11B	Area 1	8:44 pm	118	400m	14G	Area 5
6:44 pm		200m Timed Final 3	10G	Area 2	7:44 pm		100m Timed Final 2	11B	Area 1	8:47 pm	153	400m	15B 16B	Area 5
6:47 pm	69	200m	11B	Area 2	7:47 pm	76	100m Timed Final 1	11G	Area 1		139	400m	15G 16G	Area 5
6:50 pm	77	200m Timed Final 1	11G	Area 2	7:49 pm		100m Timed Final 2	11G	Area 1	Presentation of Perpetual Trophy				
6:52 pm		200m Timed Final 2	11G	Area 2	7:52 pm	86	100m Timed Final 1	12B	Area 1					
6:55 pm	87	200m Timed Final 1	12B	Area 2	7:54 pm		100m Timed Final 2	12B	Area 1					
6:57 pm		200m Timed Final 2	12B	Area 2	7:57 pm	95	100m Timed Final 1	12G	Area 1					
7:00 pm	96	200m Timed Final 1	12G	Area 2	7:59 pm		100m Timed Final 2	12G	Area 1					
7:02 pm		200m Timed Final 2	12G	Area 2	8:02 pm	103	100m	13B	Area 1					
7:04 pm		200m Timed Final 3	12G	Area 2	8:05 pm	112	100m	13G	Area 1					