

TIMETABLE

TRACK

11.00	3000m Walk	Men/Women
11.25	60m	Women
11.45	60m	Men
12.15	60mH	Women
12.25	60mH	Men
12.35	3000m	Women
12.50	800m	Women
13.05	800m	Men
13.30	60m	Race 2 M&W
13.50	3000m	Men
BREAK		
14.35	200m	Women
14.50	200m	Men
15.20	400m	Women
15.35	400m	Men
16.05	1500m	Women
16.15	1500m	Men

FIELD

11.15	Shot Putt	Women
12.45	Shot Putt	Men
11.30	High Jump	Women
12.30	High Jump	Men
11.30	Pole Vault	Men & Women
12.00	Long Jump	Women
15.30	Long Jump	Men
14.30	Triple Jump	Women
13.15	Triple Jump	Men