

## Timetable of Events

<u>Time</u>	<u>Event</u>	<u>Track</u>	<u>Field</u>
10.30	1		Hammer, Girls
11.30	2		Hammer, Boys
12.30	3	3K Walk, Boys & Girls	
12.50	4	300m Hurdles, Girls	
13.00	5		Pole Vault, Boys
13.00	6		Long Jump, Boys
13.00	7		Javelin, Girls
13.00	8		High Jump, Girls
13.00	9	400m Hurdles, Boys	
13.10	10	800m, Girls	
13.20	11	800m, Boys	
13.30	12	100m, non scoring, Girls	
13.40	13	100m, non scoring, Boys	
13.50	14	100m, Girls	
14.00	15	100m, Boys	
14.00	16		Long Jump, Girls
14.00	17		Discus, Boys
14.00	18		Shot, Girls
14.10	19	3K, Girls	
14.25	20	3K, Boys	
14.40	21	400m, Boys	
14.50	22	300m, Girls	
15.00	23		Pole Vault, Girls
15.00	24		Javelin, Boys
15.00	25		Triple Jump, Girls
15.00	26		High Jump, Boys
15.00	27	200m, Girls	
15.10	28	200m, Boys	
15.20	29	100m Hurdles, Boys	
15.30	30	80m Hurdles, Girls	
15.40	31	1500m, Girls	
15.55	32	1500m, Boys	
16.00	33		Discus, Girls
16.00	34		Triple Jump, Boys
16.00	35		Shot, Boys
16.10	36	1500m Steeplechase, Boys	
16.25	37	1500m Steeplechase, Girls	
16.40	38	4 x 100m, Girls	
16.50	39	4 x 100m, Boys	
17.00	40	4 x 300m, Girls	
17.10	41	4 x 400m, Boys	