

## TIMETABLE

### TRACK

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