

TIMETABLE

TRACK

FIELD

12.00 60mH Women
60mH Men

12.15 Long Jump Women
Long Jump Men

13.00 60m Women
60m Men

12.15 Pole Vault Men
Pole Vault Women

14.15 800m Women
800m Men

13.45 Shot Putt Men
Shot Putt Women

15.00 60m Women Series 2
60m Men Series 2

Check in for Individual Athletes is 60 minutes before timed event
Team Check in must be completed by 11.15