

Session 1

Track			Field		
11:00	60mH	Women	11:00	Pole Vault	Women
11:15	60mH	Men	11:00	Pole Vault	Men
11:30	800m	Women			
11:45	800m	Men	11:00	Weight	Women
12:00	200m	Women	13:00	Weight	Men
12:20	200m	Men			
12:40	3000m	Women	11:00	Triple Jump	Men
13:00	3000m	Men	12:00	Triple Jump	Women
13:20	4x400m	Women			
13:30	4x400m	Men			

Session 2

Track			Field		
14:00	60mH	Women	14:00	Triple Jump	Men
14:10	60mH	Men	14:00	Triple Jump	Women
14:15	800m	Women	14:30	Pole Vault	Men
14:20	800m	Men	14:30	Pole Vault	Women
14:30	60m S1	Women			
14:50	60m S1	Men			
15:10	400m	Women			
15:25	400m	Men			
15:50	60m S2	Women			
16:10	60m S2	Men			
16:30	3000m	Women			
16:45	3000m	Men			
17:00	200m	Women			
17:25	200m	Men			
18:00	End				

League to happen in Session 1
Guest events in Session 2
Weight throw is with the League
during Session 1
Points will depend on
amount of teams entered