

## Session 1 -- (League R2)

Track			Field		
Time	Event	Gender	Time	Event	Gender
11:00	60m	Men	11:00	High Jump	Women
11:15	60m	Women	12:30	High Jump	Men
11:30	1500m	Women	11:00	Shot Put	Women
11:40	1500m	Men	12:00	Shot Put	Men
12:00	400m	Women	11:00	Long Jump	Men
12:20	400m	Men	12:00	Long Jump	Women
12:35	Walks	Women			
12:45	Walks	Men			
12:55	Walks	Guest Open			
13:20	4x200m	Women			
13:30	4x200m	Men			

## Session 2 -- (Open Event)

Track			Field		
Time	Event	Gender	Time	Event	Gender
14:00	60m S1	Women			
14:20	60m S1	Men			
14:40	1500m	Women	14:00	Long Jimp	Men & Women
14:45	1500m	Men			
14:55	60m S2	Women	14:00	High Jump	Men & Women
15:10	60m S2	Men			
15:35	400m	Men			
15:40	400m	Women			
16:00	60mH	Women			
16:10	60mH	Men			
16:20	200m	Women			
16:45	200m	Men			

**League to Happen in Session 1**  
**Guest Session in Session 2**  
**(Bar some Field)**  
**Points will depend**  
**on the amount of teams entered**