

National May Open Track & Field 2023

Provisional Timetable

Track				Field			
				Men		Women	
11:00	100m H	S1	W				
11:10	110m H	S1	M	10.30	Hammer	10.30	Hammer
11:40	800m		W	11.00	High Jump	11.00	High Jump
11:45	800m		M	11.30	Pole Vault	11.30	Pole Vault
11:50	100m H	S2	W	11.30	Discus	11.30	Discus
12:00	110m H	S2	M	12:30	Long Jump	12:30	Long Jump
12:10	400m		W	13:00	Shot Put	13:00	Shot Put
12:15	400m		M	13:30	Triple Jump	13:30	Triple Jump
12:20	100m	S1	W	14:00	Javelin	14:00	Javelin
12:30	100m	S1	M				
12:40	1500m		W				
13:00	1500m		M				
13:20	100m	S2	W				
13:30	100m	S2	M				
13:40	200m		W				
13:45	200m		M				

This timetable is designed as a guide of event times. Events may run ahead of schedule and it is the team Managers responsibility to ensure that athletes attend for the start of their competition.