

**PROGRAMME OF EVENTS – SATURDAY 6<sup>TH</sup> DECEMBER 2025 – EMIRATES**

TRACK		FIELD
10.15AM	1. 60m Hurdles Over 16 Boys	1. Long Jump Under 16 Girls
	2. 60m Hurdles Under 16 Boys	2. Shot Putt Over 16 Girls
	3. 60m Hurdles Over 16 Girls	3. Shot Putt Over 16 Boys
	4. 60m Hurdles Under 16 Girls	4. Long Jump Under 16 Boys
	5. 200m Over 16 Boys	5. High Jump Under 16 Girls
	6. 200m Under 16 Boys	6. Long Jump Over 16 Girls
		7. Shot Putt Under 16 Boys
		8. Long Jump Over 16 Boys
		9. High Jump Over 16 Girls
		10. Shot Putt Under 16 Girls
	7. 800 m Under 16 Boys	
	8. 800 m Over 16 Boys	
	9. 800 m Under 16 Girls	
	10. 800 m Over 16 Girls	

No times are given for events to take place. Each event will follow after the required rest period.  
All 800m races will be seeded according to the points scored after four events.