

**PROVISIONAL PROGRAMME, Times are a Guide Only and  
may change the week of the event**

### Session 1, League

Track			Field		
11:00	60m	Men	11:00	High Jump	Women
11:15	60m	Women	12:30	High Jump	Men
11:30	1500m	Women			
11:40	1500m	Men	11:00	Shot Put	Women
12:00	400m	Women	12:00	Shot Put	Men
12:15	400m	Men			
12:30	Walks	Women	11:00	Long Jump	Men
12:40	Walks	Men	12:00	Long Jump	Women
12:50	Walks	Guest Open			
13:10	4 x 200m	Women			
13:25	4 x 200m	Men			

### Session 2, Guest Events

14:00	60m Series 1	Women	14:00	Long Jump	Men
14:20	60m Series 1	Men	14:00	Long Jump	Women
14:45	800m	Women	14:00	Shot Put	Men
15:00	800m	Men	14:00	Shot Put	Women
15:10	60m Series 2	Women	14:00	High Jump	Men
15:30	60m Series 2	Men	14:00	High Jump	Women
16:00	60mH	Men			
16:10	60mH	Women			
16:30	200m	Women			
16:45	200m	Men			

- **Guest Walks take place with League in Session 1**
- **Check in for 60m Series 2 opens after Series 1 is complete**
- **If withdrawing from an event you have checked in for, please let check in know, so we won't have empty lanes/unnecessary heats**