

**PROGRAMME, Please listen to announcements as events
may be called early / delayed**

Session 1, League

Track			Field		
11:00	60m H	Women	11:00	Pole Vault	Women
11:10	60m H	Men	12:30	Pole Vault	Men
11:25	800m	Women			
11:40	800m	Men	11:00	Weight Throw	Women
12:00	200m	Women	11:45	Weight Throw	Men
12:20	200m	Men			
12:35	3000m	Women	11:00	Triple Jump	Men
12:50	3000m	Men	12:00	Triple Jump	Women
13:10	4 x 400m	Women			
13:25	4 x 400m	Men			

Session 2, Guest Events

14:00	60mH	Men	14:00	Triple Jump	Men
14:10	60mH	Women	14:00	Triple Jump	Women
14:20	1500m	Women	14:00	Pole Vault	Men
14:30	1500m	Men	14:00	Pole Vault	Women
14:40	60m Series 1	Women			
15:00	60m Series 1	Men			
15:30	400m	Women			
15:45	400m	Men			
16:00	60m Series 2	Women			
16:15	60m Series 2	Men			
16:35	200m	Women			
16:45	200m	Men			

- **Guest Weight for Distance takes 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**