

Program B with multis

Men	Women
4.00	100 Hurdles
4.00 Discus	Discus
4.05 100m	
4.15 Circular Hurdles	Circular Hurdles
4.15 Triple Jump	Triple Jump
4.30 800m	
4.30	High Jump
4.35 Long Jump	
4.40	800m
4.45 Javelin	Javelin
4.50 100m	
4.55	100m
5.00 High Jump	High Jump
5.05 Steeple {76.2cm}	Steeple {76.2cm}
5.15 approx Shot Put	
5.25 200m	
5.30	200m
5.30 approx Shot Put	
5.40 1500m	
5.45	1500m
6.00 4x400 Relay	4x400 Relay
6.00 approx High Jump	
6.15 approx	200m
7.00 approx 400m	

** You must call or text to 0419 900 355 prior to 4.00pm if you wish to compete in the Steeple to allow for filling of the water jump

Events in red are multi events