

Program B with Multis

You must register for your events 30 minutes before the scheduled start time

If you wish to compete in Steeple or hurdles text or call 0419 900 355 by 2.00pm

In all field events top six will be eligible for an extra trial (excluding High Jump & Pole Vault)

If there aren't enough officials the event will not go ahead. Please volunteer!!

Time	Men	Women	
3.00pm	100m		Multi Ever
3.30pm	Long Jump		Multi Ever
3.45pm		100m Hurdles	Multi Ever
4.15pm	Circular Hurdles	Circular Hurdles	
4.15pm	Polevault	Pole vault	
4.20pm	Shot Put		Multi Ever
4.30pm	800m		
4.30pm		High Jump	Multi Ever
4.40pm		800m	
4.45pm	Javelin	Javelin	
4.50pm	100m		
4.55pm		100m	
5.00pm approx	High Jump		Multi Ever
5.05pm	Steeple (76.2cm)**	Steeple (76.2cm)**	
5.25pm	200m		
5.30pm		200m	
5.30pm approx		Shot Put	Multi Ever
5.35pm	Triple Jump	Triple Jump	
5.40pm	1500m		
5.45pm		1500m	
6.00pm approx	400m		Multi Ever
6.00pm	4x400m Relay	4x400m Relay	
6.15pm approx		200m	Multi Ever

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