

## Program A Twilight

**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 5.00pm

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
6.00pm	Steeple (91.4cm)**	
6.00pm	Hammer	Hammer
6.15pm	Sprint Hurdles	Sprint Hurdles
6.30pm	Circular Hurdles	Circular Hurdles
6.35pm	Long Jump	Long Jump
6.45pm	200m	
6.50pm		200m
6.55pm	1500m	
7.00pm		1500m
7.10pm	4x100m Relay	4x100m Relay
7.15pm	Shot Put	Shot Put
7.25pm	60m	
7.30pm		60m
7.35pm	400m	
7.40pm		400m
7.50pm	5000m	5000m