

## **Program C**

**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 1.00pm

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!!

<b>Time</b>	<b>Men</b>	<b>Women</b>
2.30pm	5000m Walk	5000m Walk
3.10pm	Sprint Hurdles **	Sprint Hurdles **
3.20pm	High Jump	High Jump
3.30pm	400m	
3.35pm		400m
3.35pm	Javelin	Javelin
3.45pm	3000m	3000m
4.10pm	100m	
4.15pm		100m
4.20pm	Long Jump	Long Jump
4.25pm	800m	
4.30pm		800m
4.30pm	Discus	Discus
4.50pm	4x200m Relay	4x200m Relay