

Track Events Program			
Description	Gender	Age-group	Eventtime
100m Straight A	F	Senior	6:00 PM
100m Straight A	M	Senior	6:00 PM
100m Straight A	F	12	6:20 PM
100m Straight A	M	12	6:20 PM
100m Straight A	F	11	6:40 PM
100m Straight A	M	11	6:40 PM
200m	F	8	7:10 PM
200m	M	8	7:10 PM
200m	F	10	7:20 PM
200m	M	10	7:20 PM
200m	F	9	7:40 PM
200m	M	9	7:40 PM
50m Straight B	F	6	6:00 PM
50m Straight B	M	6	6:00 PM
50m Straight B	M	7	6:00 PM
50m Straight B	M	Tots	6:15 PM
50m Straight B	F	Tots	6:15 PM
50m Straight B	F	7	6:15 PM
70m Straight B	F	6	6:30 PM
70m Straight B	M	6	6:30 PM
70m Straight B	F	7	6:30 PM
70m Straight B	F	7	6:40 PM
100m Straight B	F	8	6:40 PM
100m Straight B	M	8	6:40 PM
100m Straight B	F	9	7:20 PM
100m Straight B	M	9	7:20 PM
100m Straight B	F	10	7:40 PM
100m Straight B	M	10	7:40 PM
800m Pack Start	F	12	6:00 PM
800m Pack Start	M	12	6:00 PM
800m Pack Start	F	Senior	6:20 PM
800m Pack Start	M	Senior	6:20 PM
800m Pack Start	F	11	7:00 PM
800m Pack Start	M	11	7:00 PM
3000m	M	Senior	8:00 PM
3000m	M	Senior	8:00 PM

Field Events Program				
Event	Description	Gender	Age-group	Eventtime
Discus	Discus 1	F	8	6:00 PM
Discus	Discus 1	M	7	6:40 PM
Discus	Discus 1	M	Senior	7:20 PM
Discus	Discus 2	-	-	6:00 PM
Discus	Discus 2	M	7	6:15 PM
Discus	Discus 2	M	7	6:30 PM
Discus	Discus 2	F	7	6:45 PM
Discus	Discus 2	-	-	7:00 PM
Discus	Discus 2	F	Senior	7:20 PM
High Jump	Junior HJ	F	7	6:00 PM
High Jump	Junior HJ	F	6	6:15 PM
High Jump	Junior HJ	-	-	6:30 PM
High Jump	Junior HJ	M	6	6:45 PM
High Jump	HJ 1	F	9	6:00 PM
High Jump	HJ 1	-	-	6:40 PM
High Jump	HJ 1	M	8	7:20 PM
High Jump	HJ 2	M	9	6:00 PM
High Jump	HJ 2	-	-	6:40 PM
High Jump	HJ 2	M	8	7:20 PM
High Jump	HJ 3	M	11	6:00 PM
High Jump	HJ 3	M	12	6:40 PM
High Jump	HJ 3	F	12	7:20 PM
Long Jump	LJ 1	F	10	6:00 PM
Long Jump	LJ 1	M	Senior	6:40 PM
Long Jump	LJ 1	M	12	7:20 PM
Long Jump	LJ 2	F	11	6:00 PM
Long Jump	LJ 2	F	Senior	6:40 PM
Long Jump	LJ 2	-	-	7:20 PM
Long Jump	LJ 3	M	10	6:00 PM
Long Jump	LJ 3	M	9	6:40 PM
Long Jump	LJ 3	F	8	7:20 PM
Long Jump	LJ 4	M	10	6:00 PM
Long Jump	LJ 4	F	12	6:40 PM
Long Jump	LJ 4	F	8	7:20 PM
Shot Put	SP 1	M	8	6:00 PM
Shot Put	SP 1	M	10	6:40 PM
Shot Put	SP 1	M	11	7:20 PM
Shot Put	SP 2	M	8	6:00 PM
Shot Put	SP 2	F	10	6:40 PM
Shot Put	SP 2	F	11	7:20 PM
Shot Put	SP 3	F	Tots	6:00 PM
Shot Put	SP 3	M	6	6:15 PM
Shot Put	SP 3	M	Tots	6:30 PM
Shot Put	SP 3	F	6	6:45 PM