

Event Series 4 Program List Nov 9, 2018.xlsx

Track Events Program			
Description	Gender	Age-group	Event Time
100m Straight A	F	Senior	6:00:00 PM
100m Straight A	M	Senior	6:00:00 PM
100m Straight A	F	12	6:20:00 PM
100m Straight A	M	12	6:20:00 PM
100m Straight A	F	10	6:40:00 PM
100m Straight A	M	10	6:40:00 PM
100m Straight B	F	11	7:00:00 PM
100m Straight B	M	11	7:00:00 PM
200m Hurdles	F	12	7:20:00 PM
200m Hurdles	M	12	7:20:00 PM
200m Hurdles	F	13/14	7:20:00 PM
200m Hurdles	M	13/14	7:20:00 PM
300m Hurdles	F	15/17	7:40:00 PM
300m Hurdles	M	15/17	7:40:00 PM
400m Laned	F	10	8:00:00 PM
400m Laned	M	10	8:00:00 PM
400m Laned	F	11	8:00:00 PM
400m Laned	M	11	8:00:00 PM
70m Straight B	M	6	6:00:00 PM
70m Straight B	M	7	6:00:00 PM
70m Straight B	F	7	6:00:00 PM
70m Straight B	M	Tots	6:15:00 PM
70m Straight B	F	Tots	6:15:00 PM
70m Straight B	F	6	6:15:00 PM
100m Straight B	M	Tots	6:30:00 PM
100m Straight B	M	6	6:30:00 PM
100m Straight B	F	Tots	6:30:00 PM
100m Straight B	F	6	6:45:00 PM
100m Straight B	F	7	6:45:00 PM
100m Straight B	M	7	6:45:00 PM
100m Straight B	F	9	7:20:00 PM
100m Straight B	M	9	7:20:00 PM
100m Straight B	F	8	7:40:00 PM
100m Straight B	M	8	7:40:00 PM
1500m	F	12	6:00:00 PM
1500m	M	12	6:00:00 PM
1500m	F	Senior	6:20:00 PM
1500m	M	Senior	6:20:00 PM
1500m	F	11	6:40:00 PM
1500m	M	11	6:40:00 PM
800m Pack Start	F	10	7:00:00 PM
800m Pack Start	M	10	7:00:00 PM
800m Pack Start	F	9	7:20:00 PM
800m Pack Start	M	9	7:20:00 PM
700m Pack Start	F	8	7:40:00 PM
700m Pack Start	M	8	7:40:00 PM

Field Events Program				
Event	Description	Gender	Age-group	Event Time
Discus	Discus 1	M	9	6:00:00 PM
Discus	Discus 1	F	12	6:40:00 PM
Discus	Discus 1	-	-	7:20:00 PM
Discus	Discus 2	M	9	6:00:00 PM
Discus	Discus 2	M	12	6:40:00 PM
Discus	Discus 2	-	-	7:20:00 PM
High Jump	Junior HJ	F	Tots	6:00:00 PM
High Jump	Junior HJ	M	6	6:15:00 PM
High Jump	Junior HJ	F	6	6:30:00 PM
High Jump	Junior HJ	M	Tots	6:45:00 PM
High Jump	HJ 1	F	10	6:00:00 PM
High Jump	HJ 1	F	8	6:40:00 PM
High Jump	HJ 1	M	10	7:20:00 PM
High Jump	HJ 2	F	10	6:00:00 PM
High Jump	HJ 2	F	8	6:40:00 PM
High Jump	HJ 2	M	10	7:20:00 PM
High Jump	HJ 3	F	11	6:00:00 PM
High Jump	HJ 3	M	Senior	6:40:00 PM
High Jump	HJ 3	M	11	7:20:00 PM
Long Jump	LJ 1	M	8	6:00:00 PM
Long Jump	LJ 1	F	9	6:40:00 PM
Long Jump	LJ 1	-	-	7:20:00 PM
Long Jump	LJ 2 (TJ)	M	11	6:00:00 PM
Long Jump	LJ 2	F	9	6:40:00 PM
Long Jump	LJ 2 (TJ)	F	11	7:20:00 PM
Long Jump	LJ 3	-	-	6:00:00 PM
Long Jump	LJ 3	M	9	6:40:00 PM
Long Jump	LJ 3	-	-	7:20:00 PM
Long Jump	LJ 4	F	6	6:00:00 PM
Long Jump	LJ 4	F	7	6:15:00 PM
Long Jump	LJ 4	F	7	6:30:00 PM
Long Jump	LJ 4	M	9	6:40:00 PM
Long Jump	LJ 4	-	-	7:20:00 PM
Shot Put	SP 1	M	10	6:00:00 PM
Shot Put	SP 1	M	8	6:40:00 PM
Shot Put	SP 1	F	10	7:20:00 PM
Shot Put	SP 2	F	8	6:00:00 PM
Shot Put	SP 2	F	Senior	6:40:00 PM
Shot Put	SP 2	-	-	7:20:00 PM
Shot Put	SP 3	-	-	6:00:00 PM
Shot Put	SP 3	M	7	6:15:00 PM
Shot Put	SP 3	M	7	6:30:00 PM
Shot Put	SP 3	-	-	6:45:00 PM
Shot Put	SP 3	-	-	7:20:00 PM
Shot Put	SP 4 & 5	F	9	6:00:00 PM
Shot Put	SP 4 & 5	-	-	6:40:00 PM
Shot Put	SP 4 & 5	-	-	7:20:00 PM