



### TIMED PROGRAMME -

Time	Track:
1800 - 1830	FREE Sprint coaching / starting block practice
1815	'Have A Go' Long Jump & Shot Put will be available all evening.
1820	<b>800m</b>
1835	<b>100m</b>
1855	<b>3000m</b>
1915	<b>200m</b>
1935	<b>400m</b>
1940	2 x 100m Relay (or other relays by request)
1950	<b>3000m (sub 8:45)</b>

*Please REPORT at least 15 minutes before the scheduled start times.*