



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	1 MILE - Race 1
1827	1 MILE - Race 2
1835	1 MILE - Race 3
1845	60m (M,F)
1900	100m (M,F)
1920	3000m
1940	300m (M,F)
1955	2 x 100m Relay (or other relays by request)

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