



### FINAL PROGRAMME

Time	Track:	
1800 - 1830	FREE Sprint coaching / starting block practice	
1815	'Have A Go' Long Jump & Shot Put will be available all evening.	
1830	<b>60m</b>	<b>*HAMMER</b>
1845	<b>100m</b>	
1905	<b>1 MILE</b>	
1915	<b>400m</b>	<b>*SHOT PUT</b>
1925	<b>800m</b>	
1935	<b>300m</b>	
1955	<b>3000m</b>	
2000	2 x 100m or 4 x 100m Relay	

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