



Pole Vault - All Grades
(Tuesday 7th or Wednesday 8th - TBC)

Day 1 - Friday 10/02/2023 - (DRAFT TIMING of EVENTS)

A timed programme will be created once entries have been received.
The suggested order is listed below. Session Time: 1800 - 2030

Suggested ORDER Track Events All grades including Masters		Field Events Under Age / Senior		Field Events Masters only
Time		Time		
1800	60m - Masters only	1800	*Shot Put - M (?) *Discus - F	TBC
1815	100m - Timed Finals - All Grades	1845	Triple Jump - Men All Grades	
1930	1500m - All Grades	1930	Long Jump - Women All Grades	
2015	400m - Timed Finals - All Grades	1930	*Shot Put - F *Discus - M (?)	

* Split or combined depending on entry numbers.
Discus FIRST if competing as ONE group / both genders)

Day 2 - Saturday 11/02/2023 - (DRAFT TIMING of EVENTS)

A timed programme will be created once entries have been received.
The suggested order is listed below. Session Time: 1800 - 2130

Track Events All grades including Masters		Field Events Under Age / Senior		Field Events Masters only
Time		Time		
1800	Short Hurdles - All Grades	1800	Hammer - All Grades	TBC
1830	800m - All Grades	1810	Long Jump - Men All Grades	
1915	200m - Timed Finals - All Grades	1830	High Jump - All Grades	
1945	Long Hurdles - All Grades	1930	Triple Jump - Women All Grades	
2010	Steeplechase - U20/Open (TBC ?)	1915	Javelin - All Grades	

Confirmation of the timing of events will be done ASAP after entries close

If you have any comments, please contact Andrew Stark