



PROGRAMME

Time	Track:	Field:
1830	1 Mile	Long Jump - All grades
1845	60m	
1855	100m	
1910	800m	
1920	300m	Triple Jump - All grades
1930	2000m Steeplechase @ 762mm height	
	Relays on request - please advise TIC by 1900	

- **PLEASE** check the seeded programme posted on the website on 3:00 Thursday.