



PROGRAMME

Time	Track:	Field:
1830	1500m	Long Jump - All Grades (Currently confirming we have officials)
1845		Discus - All Grades (We will need help to run this)
1855	60m	
1905	100m	
1915	800m	Shot Put - All Grades (We will need help to run this)
1925	400m	
1935	200m	
Relays on request - Please advise TIC by 1900		

- **PLEASE** check the seeded programme posted on the website on 3:00 Thursday.
- A throwing event can be added, subject to demand.