



**PROGRAMME**

Time	Track:	Field:
1830	3000m inc 2km / 3km walks	Long Jump - All Grades Shot Put (Currently confirming we have officials)
1855	60m	
1905	100m	Hammer - All Grades (Currently confirming we have officials)
1915	800m	
1925	300m	
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.