



PROGRAMME

Time	Track:	Field:
1830	60m	Discus (4 rounds)
1840	100m	
1850	800m	
1905	300m Hurdles	Shot Put (4 rounds)
1915	200m	
1925	3000m	
1940	400m	
1955	Relays on request - please advise TIC by 1900	

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