



Pole Vault - All Grades
(Wednesday 12th February 2025)

Day 1 - Friday 14/02/2025 - (DRAFT TIMED PROGRAMME)

A timed programme will be created once entries have been received

Suggested ORDER Track Events All grades including Masters		Field Events Under Age / Senior	Field Events Masters only
DAY 1			<p style="text-align: center;">TBC</p> <p>Anne Davison will be in contact about the order of field events.</p>
1830	100m - Heats if required	Shot Put - Women All Grades Discus - Men All Grades	
1845	60m - Masters only		
1850	100m - Finals - All Grades		
1915		Shot Put - Men All Grades Discus - Women All Grades	
1910		Triple Jump - Men All Grades Long Jump - Women All Grades	
1920	1500m - All Grades		
2000	400m - Timed Finals - All Grades		

Day 2 - Saturday 15/02/2025 - (DRAFT TIMED PROGRAMME)

A timed programme will be created once entries have been received

Suggested ORDER Track Events All grades including Masters		Field Events Under Age / Senior	Field Events Masters only
DAY 2			<p style="text-align: center;">TBC</p> <p>Anne Davison will be in contact about the order of field events.</p>
1345	Short Hurdles - All Grades		
1400		Hammer - All Grades	
1410	200m - Heats if required		
1430	800m - All Grades		
1510	200m - Finals - All Grades	High Jump - All Grades	
1530	3000m Walk - All Grades	Javelin - All Grades Long Jump - Men All Grades	
1540		Triple Jump - Women All Grades	
1600	Long Hurdles - All Grades		