

COMPETITION PROGRAMME

The following is the anticipated timing of the Programme. Event times subject to change depending on entries. Centres will be notified of any alteration after the close of entries

Friday 28th November 2014

5.45 pm	3000m	M & W	Hammer	W	4.30 pm
			Javelin	M	4.30 pm
6.30 pm	60m	M & W	Javelin	W	6.15 pm
			Hammer	M	6.15 pm

Saturday 29th November 2014

10.30 am	400m	M & W	Shot Put	W	9.00 am
			Shot Put	M	10.00 am
11.50 am	100m	M & W			
12.00 pm	Lunch break - AGM (upstairs room overlooking track)				
1.00 pm	100m - Pentathlon	W	Pole Vault	M & W	12.45 pm
1.20 pm	3000m Race Walk		Long Jump - Pentathlon	M	1.00 pm
			Discus	M	1.15 pm
1.50 pm	Short Hurdles	M & W	Triple Jump	M & W	1.30 pm
			Shot Put - Pentathlon	W	1.35 pm
2.05 pm	1500m	M & W	Javelin - Pentathlon	M	1.45 pm
			Long Jump - Pentathlon	W	2.15 pm
2.30 pm	200m (includes Pentathlon)	M	Long Jump	M & W	2.30 pm
	200m	W	Discus	W	2.30 pm
2.50 pm	Steeplechase	M & W	Javelin - Pentathlon	W	3.00 pm
			Discus - Pentathlon	M	3.00 pm
4.00 pm	800m (includes Pentathlon)	M & W			
			High Jump	M & W	3.45 pm
4.15 pm	1500m - Pentathlon	M	Weight Throw	M & W	3.45 pm
5.00 pm	BBQ - Function Room at top of Stadium				

Sunday 30th November 2014

10.15 am	5000m	M & W	Throws Pentathlon	W	9.00 am
	5000m Track Walk	M & W	Throws Pentathlon	M	9.30 am