



Time	Track	Field	Division
10.00		Hammer	Premiership
11.00		Long Jump	Division 1
11.15		Hammer	Division 1
11.30		Pole Vault	Premiership
11.30	100m N/S		Premiership
11.40	100m N/S		Division 1
11.50	400m Hurdles		Premiership
12.10	400m Hurdles		Division 1
12.30		Discus	Premiership
12.30		Long Jump	Premiership
12.30		High Jump	Division 1
12.30	800m		Premiership
12.40	800m		Division 1
12.55	100m		Premiership
13.05	100m		Division 1
13.20	3000m S/C		Premiership
13.40	3000m S/C		Division 1
13.45		Discus	Division 1
13.55			Premiership
14.00		Triple Jump	Division 1
14.05	100m Hurdles		Premiership
14.30	100m Hurdles		Division 1
14.30		Pole Vault	Division 1
14.30		Shot	Premiership
14.45		High Jump	Premiership
14.55	400m		Premiership
15.00		Javelin	Premiership
15.05	400m		Division 1
15.20	1500m		Premiership
15.35	1500m		Division 1
15.40		Triple Jump	Premiership
15.45	200m		Premiership



Time	Track	Field	Division
15.45		Shot	Division 1
15.55	200m		Division 1
16.05	3000m		Premiership
16.15		Javelin	Division 1
16.30	4x100m Relay		Premiership
16.40	4x100m Relay		Division 1
16.55	3000m		Division 1
17.15	4x400m Relay		Premiership
17.25	4x400m Relay		Division 1