

01/05/2019

05/06/2019

03/07/2019

07/08/2019

04/09/2019

TRACK

6.30pm	100m	Hurdles	100m	Hurdles	100m
7.30pm	150m	200m	150m	200m	150m
8.00pm	400/300m	800m	400/300m	800m	400/300m
8.30pm	1500m	3000m	1500m	3000m	1500m

FIELD

6.15pm	Long Jump jnr	High Jump jnr	Long Jump jnr	High Jump jnr	Long Jump jnr
	Shot Putt snr	Shot Putt snr	Shot Putt snr	Shot Putt snr	Shot Putt snr
6.45pm	Pole Vault	Hammer	Pole Vault	Hammer	
7.00pm		Triple Jump		Triple Jump	
7.15pm	Long Jump snr	High Jump snr	Long Jump snr	High Jump snr	Long Jump snr
	Shot Putt jnr	Shot Putt snr	Shot Putt jnr	Shot Putt snr	Shot Putt jnr
8.00pm	Javelin	Discus	Javelin	Discus	