

TIMETABLE

SATURDAY 30th June

10:50 100m Hurdles race 1 - HEPT
10:55 100m Hurdles race 2 - HEPT
11:05 100m Race 1 - DECA
11:10 100m Race 2 - DECA
11:15 100m Race 3 - DECA
11:30 High Jump - HEPT
11:45 Long Jump - DECA
13:45 Shot Putt - DECA
14:30 Shot Putt - HEPT
15:00 High Jump - DECA
16:00 200m Race 1 - HEPT
16:05 200m Race 2 - HEPT
17:00 400m Race 1 - DECA
17:05 400m Race 2 - DECA
17:10 400m Race 3 - DECA

SUNDAY 1st June

11:00 110m Hurdles Race 1 - DECA
11:05 110m Hurdles Race 2 - DECA
11:50 Discus - DECA
12:00 Long Jump - HEPT
13:30 Pole Vault - DECA
14:00 Javelin - HEPT
15:30 Javelin - DECA
15:45 800m HEPT
16:45 1500m - DECA

Victory Ceremony (SUNDAY)

16:15 HEPTATHLON
17:35 DECATHLON