Event Cup Finals Series - DRAFT Program

U16 M&W **U18/Op M** **U18/Op W**

	TRACK	LONG	TRIPLE	HIGH	POLE	SHOT	DISCUS	JAVELIN	HAMMER	
12:00 PM	3km and 5km Walk			Open/18 W			Open/18 W			12:00 PM
12:05 PM	***Exhibition***									12:05 PM
12:10 PM										12:10 PM
12:15 PM		16 M & W								12:15 PM
12:20 PM										12:20 PM
12:25 PM										12:25 PM
12:30 PM	Short Hurdles				High Start	Open/18 M		16 M & W		12:30 PM
12:35 PM	***Exhibition***				M&W					12:35 PM
12:40 PM					***Exhibition***					12:40 PM
12:45 PM										12:45 PM
12:50 PM										12:50 PM
12:55 PM										12:55 PM
1:00 PM	3k Men		Open/18 M				Open/18 M			1:00 PM
1:05 PM										1:05 PM
1:10 PM										1:10 PM
1:15 PM	3k Women									1:15 PM
1:20 PM										1:20 PM
1:25 PM										1:25 PM
1:30 PM										1:30 PM
1:35 PM										1:35 PM
1:40 PM	100m									1:40 PM
1:45 PM		Open/18 W							All Ages	1:45 PM
1:50 PM									M&W	1:50 PM
1:55 PM									***Exhibition***	1:55 PM
2:00 PM				Open/18 M						2:00 PM
2:05 PM										2:05 PM
2:10 PM										2:10 PM
2:15 PM	800m					16 M & W				2:15 PM
2:20 PM										2:20 PM
2:25 PM										2:25 PM
2:30 PM			16 M & W		Low Start					2:30 PM
2:35 PM					M&W					2:35 PM
2:40 PM					***Exhibition***					2:40 PM
2:45 PM	400m							Open/18 M		2:45 PM
2:50 PM										2:50 PM
2:55 PM										2:55 PM
3:00 PM						Open/18 W				3:00 PM
3:05 PM										3:05 PM
3:10 PM										3:10 PM
3:15 PM		Open/18 M								3:15 PM
3:20 PM										3:20 PM
3:25 PM										3:25 PM
3:30 PM	1500m			16 W & M			16 M & W			3:30 PM
3:35 PM										3:35 PM
3:40 PM										3:40 PM
3:45 PM										3:45 PM
3:50 PM										3:50 PM
3:55 PM										3:55 PM
4:00 PM	200m		Open/18 W					Open/18 W		4:00 PM
4:05 PM										4:05 PM
4:10 PM										4:10 PM
4:15 PM										4:15 PM
4:20 PM										4:20 PM
4:25 PM										4:25 PM
4:30 PM	Steeple									4:30 PM
4:35 PM	***Exhibition***									4:35 PM
4:40 PM										4:40 PM
4:45 PM										4:45 PM
4:50 PM										4:50 PM
4:55 PM										4:55 PM
5:00 PM										5:00 PM