HOT WEATHER PROGRAM - INTERCLUB 9 - Febraury 23rd 2019

TIMETABLE A — **FIELD**

	TRACK	LONG	TRIPLE	HIGH	POLE
12:00	2k/3k Steeple-Low	O35 M&W			
12:05					
12:10					
12:15	2k/3k Steeple-High				
12:20					
12:25					
12:30	3K/1.5km Walk	U14 Men			High Start
12:35	All Ages				All Ages
12:40					
12:45					
12:50					
12:55					
13:00	110Hurdles				
13:05	Open &U18 Men				
13:10	100 Hurdles	Open/U18 Women			
13:15	Op&U18 W, U16/O35 M				
13:20	90 Hurdles				
13:25	U16/O35W, U14M				
13:30	80 Hurdles				
13:35	U14W				
13:40					
13:45					
13:50		U16/U18 Men			
13:55					
14:00	1500m				BREAK
14:05	All Ages				
14:10					
14:15					
14:20					
14:25					
14:30	BREAK				Low Start
14:35					All Ages
14:40					
14:45	100m	BREAK			
14:50	All Ages				
14:55					
15:00					
15:05					
15:10					
15:15		U14/16 Women			
15:20					
15:25					
15:30	400m				
15:35	All Ages				
15:40					
15:45					
15:50					
15:55					
16:00					
16:05					
16:10					
16:15	4x100m Relays	Open Men			
16:20	All Ages				
16:25					
16:30					
16:35					
16:40					
16:45					
16:50					
16:55					
17:00					

	SHOT	DISCUS	JAVELIN	HAMMER
12:00			Open/U18 Women	
12:05				
12:10				
12:15				Open/U18 M
12:20				
12:25				
12:30				
12:35				
12:40				
12:45				
12:50				
12:55				
13:00			U14/16 Women	O35 M&W
13:05				
13:10				
13:15				
13:20				
13:25				
13:30				U14/U16 Men
13:35				
13:40				
13:45			O35 M&W	
13:50				
13:55				
14:00				
14:05				
14:10				
14:15	BREAK			
14:20				
14:25				
14:30				
14:35				
14:40	U18 Men			
14:45				
14:50				
14:55				
15:00				
15:05				
15:10		Open/U18 Women		
15:15				
15:20				
15:25	Open Men			
15:30				
15:35				
15:40				
15:45				
15:50				
15:55				
16:00				
16:05				
16:10	U16/U14 Men	U16/U14 Women		
16:15				
16:20				
16:25				
16:30				
16:35				
16:40				
16:45				
16:50				
16:55				
17:00				