

Programme 10B

Time	Male	Female
9.00	5000m Run 5000m Walk Hammer Long Jump (S1*)	5000m Run 5000m Walk Shot Put (100m Start Circle) Long Jump (S1*)
9.30	High Jump (S2) Long Jump (S2)	High Jump (S2) Long Jump (S2)
9.45		100m Discus
9.55	100m	
10.10	Shot Put (100m Start Circle)	
10.15	Triple Jump 1500m	Triple Jump
10.25		1500m
10.40	High Jump (S1) Sprint Hurdles Discus	High Jump (S1) Sprint Hurdles Hammer
10.55	400m	
11.05		400m
11.20	4 x 200m Relay	4 x 200m Relay
11.30	Steeple	Steeple

*Male Shot Put warm up not to commence until 100m finished

*S2 High Jump starting height 1.50m

*S1 Long Jump 3 trials maximum