

SENIOR TRACK & FIELD CLUB NIGHT (TUESDAYS) 2017/18 PROGRAMME

Stadium Facilities & Track available from 4pm, competition starts 6pm

'A' PROGRAMME (17 Oct. 14 Nov. 12 Dec.)

6.00 4 x 100m Relay LONG JUMP SHOT
6.10 400m
6.30 1500m
6.40 100m
7.00 600m

'B' PROGRAMME (24 Oct. 21 Nov. 19 Dec.)

6.00 Medley Relay (250m, 150m, 400m) TRIPLE JUMP JAVELIN
6.10 60m
6.30 800m
6.40 300m Hurdles
6.50 200m

'C' PROGRAMME (31 Oct. 28 Nov.)

6.00 4 x 100m Relay HIGH JUMP HAMMER
6.10 400m
6.30 2000m Steeplechase (Female Specifications)
6.40 100m
7.00 300m

'D' PROGRAMME (7 Nov. 5 Dec.)

6.00 Medley Relay (200m, 200m, 400m) LONG JUMP DISCUS
6.10 60m
6.30 3000m
6.45 Sprint Hurdles
6.55 200m