

SENIOR TRACK & FIELD CLUB NIGHT (TUESDAYS) 2018/19 PROGRAMME

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

'A' PROGRAMME (16 Oct. 13 Nov. 11 Dec.)

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

'B' PROGRAMME (23 Oct. 20 Nov. 18 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 (30 Oct. 27 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 (6 Nov. 4 Dec.)

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