



# Race

# Field

**Confirm your participation 90 minutes before your event.**

**Kid's**

**Open**

**Main**

10:00	60m	Pup	G	10:00	Long Jump	Ben	B
10:03	60m	Pup	B	10:30	Shot put 1 kg	Ben	G
10:06	80m	Min	G	10:40	Hockey b	Pup	B
10:09	80m	Min	B	11:00	High Jump	Min	G
10:12	60m	Ben	G	11:15	Shot put 3kg	Min	B
10:15	60m	Ben	B				
10:18	1000m	Min	G				
10:24	1000m	Min	B				
10:30	1000m	Pup	G				
10:36	1000m	Pup	B				
10:44	4x60m	Ben	G				
10:51	4x60m	Pup	B				
12:30	100m	Sen	W	12:30	Long Jump wpa	Sen	W
12:36	100m	Sen	M	13:20	Triple Jump	Sen	W
12:50	4x100m (Heat)	Sen	M	14:10	Triple Jump	Sen	M
12:55	400m	Sen	W				
13:04	400m	Sen	M				
13:19	200m	Sen	W				
13:25	200m	Sen	M				
13:37	200m (WPA Wheelchair)	Sen	M				
14:00	4x100m (FINALE)	Sen	M	14:00	High Jump	Sen	W
14:07	100m (WPA Wheelchair)	Sen	M	14:00	Pole Vault	Sen	M
14:10	100m (WPA)	Sen	W	15:00	Long Jump	Sen	M
14:14	100m (WPA)	Sen	M	16:00	High Jump	Sen	M
14:18	100m	Sen	W				
14:24	100m	Sen	M				
14:34	400M H	Sen	W				
14:46	400M H	Sen	M				
14:54	400m	Sen	W				
14:57	400m	Sen	M				
15:03	400m (WPA Wheelchair)	Sen	M				
15:10	800m (WPA Wheelchair)	Sen	M				
15:15	800m (WPA)	Sen	M				
15:20	800m	Sen	W				
15:30	800m	Sen	M				
15:49	100m h	Sen	W				
15:56	110m h	Sen	M				
16:01	1500m	Sen	W				
16:08	1500m	Sen	M				
16:15	200m	Sen	W				
16:21	200m	Sen	M				
16:29	3000m steeple	Sen	W				
16:43	3000m steeple	Sen	M				

