

## REGIONAL DIVISION TIMETABLE

<u>TRACK</u>	<u>FIELD Men</u>	Standard	<u>FIELD Women</u>	Standard
1.15 400 metre Hurdles	11.45 Hammer (6K)	32.00m	11.45 Pole Vault	
1.45 100 metres	11.45 Long Jump	5.50m	11.45 Shot (4K)	8.00m
2.10 800 metres				
2.35 400 metres	12.30 High Jump		12.45 Hammer (4K)	22.00m
2.55 100 metre Hurdles				
3.10 3000 metres	1.30 Javelin (800g)	32.00m	1.15 Long Jump	4.50m
3.40 110m Hurdles	1.30 Shot (6K)	10.50m		
3.55 200 Metres			2.30 High Jump	
4.20 1500 Metres	2.30 Pole Vault		2.30 Javelin (600g)	22.00m
4.45 4 x 100 Relay				
5.05 2000m Steeplechase	3.15 Triple Jump	11.00m	3.15 Discus (1K)	22.00m
5.25 Athlete of Match Award	4.15 Discus (1.75K)	32.00m	4.15 Triple Jump	8.50m
5.30 4 x 400 Metres Relay				

Women compete before men  
in all track events