



Club Night Tuesday 5th March 2024

Week 7 - 2024 C Programme

7-00 pm	60 Metres	Shot
7-10 pm	2K Road Race	
7 -15 pm		Long Jump
7-25 pm	300 metres	
7-35 pm	600 metres	
7-45 pm	150 metres	
7-55 pm	Swedish Relay (100m , 300m, 200m, 400m Mixed Teams)	
8-15 pm	Invitation 1500 metres	

Next week Tuesday 12th March

Inter School Track and Field Championships

Any help from Officials would be gratefully received

Only for Intermediate School, Masters and any registered Secondary School athletes who did not compete at Whanganui Inter Schools

7-00 pm	2000 m Track
7-10 pm	60 m
7-20 pm	300m Handicap

7-00 pm

**C Programme 2K Road, 60m, 150m, 300m, 600m , Swedish Relay or 4 x 100 by request
Shot, Long Jump. Invitation 1500m (Provisional)**