

Programme for the 18 January 2019

Hand Timing for track.

Athletes will need to enter the individual track events. Relay teams will be made up from the entrants in the applicable events.

Track

1.00pm 2 x 200m Relay

1.30pm 3000m

1.45pm 2x 100 Relay

2.00 pm 800m

Field

1.00 pm High Jump

1.00 pm Discus

2.00pm Long Jump

2.00pm Hammer