

## PROGRAMME 'B'

### U11 BOYS

High Jump	12.00
75m	12.50
Ball Throw	2.45
600m	4.40

### U13 BOYS

High Jump	12.00
100m	1.20
1500m	2.30
Javelin	2.55
200m	3.15
4x100m Relay	4.50

### U15 BOYS

Triple Jump	12.00
High Jump	12.00
Hammer	12.40
100m	1.20
1500m	2.30
Javelin	2.55
400m	4.00
4x100m Relay	4.50

### U17 MEN

400m Hurdles	12.10
Hammer	12.40
Triple Jump	12.45
100m	1.20
High Jump	2.00
1500m	2.30
Javelin	3.40
400m	4.00
4x100m Relay	4.50

### SENIOR & VET MEN

400m Hurdles	12.15
5000m * (includes Vets)	12.20
Triple Jump	12.45
Hammer	1.20
100m * (includes Vets)	1.50
High Jump	2.00
1500m	2.30
Javelin	3.40
400m	4.00
4x100m Relay	4.50

### U11 GIRLS

75m	12.50
Long Jump	1.30
Ball Throw	2.45
600m	4.40

### U13 GIRLS

Discus	12.00
100m	1.20
Shot	1.30
Long Jump	2.30
200m	3.15
800m	4.20
4x100m Relay	4.50

### U15 GIRLS

Discus	12.00
100m	1.20
Shot	1.30
Long Jump	2.30
200m	3.15
800m	4.20
4x100m Relay	4.50

### U17 LADIES

300m Hurdles	12.00
100m	1.20
Discus	2.10
3000m	2.15
200m	3.15
Long Jump	3.30
Shot	3.30
800m	4.20
4x100m Relay	4.50

### SENIOR & VET LADIES

400m Hurdles	12.05
100m * (includes Vets)	1.50
Discus	2.10
3000m * (Includes Vets)	2.15
200m	3.15
Long Jump	3.30
Shot	3.30
800m	4.20
4x400m Relay	5.15