

## Timetable for Round 2

Track			Field	
			Men	Women
11.30	100m H	W		
11.45	110m H	M	11.30	11.30 H.J
12.00	1500m Walk	W	11.30	P.V.
12.15	3000m Walk	M		
12.35	400m H	W	11.45	L. J.
12.50	400m H	M	12.00	
13.05	4 x 100m	W	13.30	Shot Hammer
13.20	4 x 100m	M	14.00	13.30 T.J.
14.35	1500m	W	14.00	H.J.
14.50	1500m	M	14.30	14.30 P.V.
15.05	400m	W		
15.20	400m	M	14.45	14.45 Javelin
15.35	3000m	W		
15.50	3000m S/C	M		
16.05	200m	W	16.00	16.00 Discus
16.20	200m	M	16.00	L.J.
16.35	800m	W		
16.50	800m	M	56 lbs	
17.05	5000m	M		
17.25	100m	W		
17.40	100m	M		
17.55	4 x 400m	W		
18.05	4 x 400m	M		