

## OPTIONAL REGIONAL DIVISION TIMETABLE (4 & 5 Club Divisions)

<b>TRACK</b>	<b>FIELD (Men) Standard</b>	<b>FIELD (Women) Standard</b>
12.15 400 metre Hurdles	11.45 Hammer (6k) 32.00m	11.45 Pole Vault
12.35 100 metres	11.45 Long Jump 5.50m	11.45 Shot (4k) 8.00m
12.55 800 metres	12.20 High Jump	
1.20 400 metres		12.30 Hammer (4k) 22.00m
1.40 100 metre Hurdles		1.00 Long Jump 4.50m
1.55 3000 metres	1.15 Javelin (800g) 32.00m	
2.25 110 metre Hurdles	1.15 Shot (6k) 10.50m	
2.40 200 metres	2.00 Pole Vault	2.00 High Jump
3.00 1500 metres		2.00 Javelin (600g) 22.00m
3.20 1500 metre S/C Women	2.45 Triple Jump 11.00m	2.45 Discus (1k) 22.00m
3.45 4 x 100 metre Relay	3.30 Discus 32.00m	
4.05 2000 metre S/C Men		3.45 Triple Jump 8.50m
4.25 4 x 400 metre Relay		

Athlete of the Match Awards on completion of all individual events

**In ALL track events women compete before men**