

A Programme

TRACK

30m
100m
3000m (run/walk)
Hurdles
200m
800m

FIELD

Hammer (3 Throws)
Long Jump (6 Jumps)
Shot Put (6 Throws)
Triple Jump (3 Jumps)
High Jump (6 Attempts only)
Javelin (3 Throws)
Discus (6 Throws)
Pole Vault

Relay on Request at end of day

1600 Medley (800,400,200,100,100)

B Programme

TRACK

60m
Hurdles
100m
1500m
400m
5000m

FIELD

Hammer (6 Throws)
High Jump
Triple Jump (6 Jumps)
Javelin (6 Throws)
Long Jump (3 Jumps)
Shot Put (6 Throws)

Relay on Request at end of day

4x100 Relay

Twilight Programme

TRACK

60m
1500m
100m
400m

FIELD

Javelin (6 Throws)
Long / Triple Jump (6 max jumps)
Shot Put (3 Throws)
Discus (3 Throws)

* If there are not enough Officials or helpers available, then Field event attempts may be reduced from 6 to 3 at the event or meet managers discretion

* Mixed Club/Sex Teams allowable for relays