

**OPEN PROGRAM 1
JANUARY - FEBRUARY 2019**

TRACK			FIELD		
TIME	EVENT	AGE GROUP	TIME	EVENT	AGE GROUP
13:00	110m Hurdles	Youth/Junior/Men	13:00	Hammer	Men & Women
	100m Hurdles	Youth/Junior/Women		High Jump	Women/All
13:20	5000m Walk	All		Long Jump	Men/All
13:40	800m	Youth Women			
	800m	Junior & Women			
	800m	Youth Men			
	800m	Junior & Men			
	800m	Senior Men			
14:00	400m Hurdles	Women/Junior/Youth	14:00	Long Jump	Women/All
	400m Hurdles	Men/Junior/Youth		Discus	Men & Woman
14:30	100m	Women/Juniors		Shot Put	Men/All
	100m	Youth Women			
	100m	Men/Juniors			
	100m	Youth Men			
15:00	1500m	Women/Juniors	15:00	High Jump	Men/All
	1500m	Youth Women		Javelin	Men & Women
	1500m	Men/Juniors		Triple Jump	Women/All
	1500m	Youth Men			
15:30	400m	Women/Juniors			
	400m	Youth			
	400m	Men/Juniors			
	400m	Youth Men			
15:45	5000m	Women/Juniors			
	5000m	Men/Juniors			
16:10	200m	Women/Juniors	16:00	Triple Jump	Youth/Junior Men
	200m	Youth Women		Shot Put	Men/All
	200m	Men/Juniors			Women/All
	200m	Youth Men			
16:30	3000m Steeple	Men	16:30	Hammer	Men & Women
	3000m Steeple	Junior Men		Triple Jump	Men
	3000m Steeple	Youth Men			
	3000m Steeple	Women All			

**PLEASE NOTE: POLE VAULT EVENTS ONLY WHERE EQUIPMENT IS AVAILABLE
AND WILL START AT 12H00**