

**OPEN PROGRAM 2
FEBRUARY – MARCH 2019**

TRACK			FIELD		
TIME	EVENT	AGE GROUP	TIME	EVENT	AGE GROUP
13:00	5000m Walk	All	14:00	High Jump Long Jump Shot Put	Women All Men All Women All
13:20	200m	Men			
	200m	Junior Men			
	200m	Youth men			
	200m	Women/Juniors			
	200m	Youth Women			
13:45	110m Hurdles	Men			
	110m Hurdles	Junior Men			
	110m Hurdles	Youth Men			
	100m Hurdles	Women/Juniors			
	100m Hurdles	Youth Women			
14:15	3000m Steeple	Men			
	3000m Steeple	Junior Men			
	3000m Steeple	Youth Men			
	3000m Steeple	Women/All			
14:50	1500m	Men			
	1500m	Junior Men			
	1500m	Youth Men			
	1500m	Women/Juniors			
	1500m	Youth Women			
15:15	400m	Men			
	400m	Junior Men			
	400m	Youth Men			
	400m	Women/Juniors			
	400m	Youth Women			
15:30	3000m	Youth & Men			
	3000m	Women All			
	5000m	Junior & Senior Men			
16:00	400m Hurdles	Men			
	400 Hurdles	Women			
16:30	100m	Men			
	100m	Junior men			
	100m	Youth Men			
	100m	Women			
	100m	Junior Women			
	100m	Youth Women			
17:00	800m	Youth Women			
	800m	Junior & Women			
	800m	Youth Men			
	800m	Junior & Men			
17:30	10000m	All	15:00	High Jump Long Jump	Men All Women All
			15:30	Javelin	Women All
			16:00	Javelin Shot Put	Men All Men All

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