



GEE LONG REGION SHIELD FINAL 6th FEBRUARY 2010

Track Events.

1.40pm	<i>Hurdle entries close</i>	
1.40pm	1500m/3000m walk	M & W. Shield & Invitation
2.10pm	Long hurdles	M & W. Shield & Invitation
2.30pm	200 metres	Women Shield
2.40pm	200 metres	Men Shield
2.50pm	<i>Relay entries close</i>	
2.50pm	200 metres	Women Invitation
3.00pm	200 metres	Men Invitation
3.10pm	800 metres	Women Shield
3.15pm	800 metres	Men Shield
3.20pm	800 metres	M & W Invitation
3.25pm	100 metres	Women Invitation
3.45pm	100 metres	Men Invitation
4.00pm	4 x 400m relays	Shield & Invitation
4.15pm	5000 metres	Men – Shield Open/U20/vets & Women – Shield Open & U20 & Invitation
	3000 metres	Men and women – Shield U18/U16/U14, Women Vets 35+ & Invitation

When Recording please tell the Recorder if you are Shield or Invitation on the mixed events.

Field Events.

1.15pm	Hammer Throw	Men & Women all ages S + I*
1.30pm	Long Jump	Men Shield
	High Jump	Women Shield
	Shot Put	Men & Women Invitation
2.00pm	Pole Vault	Men & Women S + I
2.30pm	Long Jump	Women Shield
	Shot put	Men Shield
	High Jump	Men & Women Invitation
3.30pm	High Jump	Men Shield
	Shot Put	Women Shield
	Long Jump	Men & Women Invitation

***S = Shield, I = Invitation**