



## 2011-12 Program One

OCTOBER 15, OCTOBER 29, NOVEMBER 19, DECEMBER 3,  
JANUARY 7, JANUARY 28

### 1.45 *Hurdles Entries Close*

2.00 M & W 1500m Walk (U16/U14)  
M & W 3000m Walk (Op/U20/U18/Vets)

2.15 M & W Long Hurdles (All ages)

2.30 Women 200m (All ages)

2.45 Men 200m (All ages)

### 3.00 *Relay Entries Close*

3.05 Women 800m (All ages)

3.10 Men 800m (All ages)

3.25 Women 4 x 400m Relay (All Ages)

3.35 Men 4 x 400m Relay (All ages)

4.05 Women 100m Invitation (All ages)

4.10 Men 100m Invitation (All ages)

4.20 M & W 3000m\* & 5000m\*\*

1.30 M & W Hammer (All ages)

2.00 Men High Jump (U18/U16/U14)  
Women Triple Jump (U18/U16/U14)  
Men Shot Put (Op/U20)

2.30 Men High Jump (Vets)  
Women Triple Jump (Op/U20/Vets)  
Men Shot Put (U18/U16/U14)  
M & W Pole Vault\* > 3.00m (All ages)

2.50 Women Shot Put (Op/U20/Vets)

3.00 Men High Jump (Op/U20)  
Men Triple Jump (U18/U16/U14)

3.15 Women High Jump (U18/U16/U14)  
Men Triple Jump (Op/U20)  
Men Shot Put (Vets)

3.30 M & W Pole Vault\* < 3.00m (All ages)

3.50 Women High Jump (Op/U20/Vets)  
Men Triple Jump (Vets)  
Women Shot Put (U18/U16/U14)

*PLEASE LISTEN FOR ANNOUNCEMENTS*

\* Round 3, 7, 11 -14/16/18 & 60+  
Round 1,5 & 9 - All Ages

\* Rounds 1/5/9 & 11 Invitation

\*\* Round 3, 7 & 11 - U20/Open/ 40+ & 50+

NB: For Twilight Meets - all times are 3 hours later

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	<b>first national</b> REAL ESTATE   McDonald & Co.	We put you first



## 2011-12 Program Two

OCTOBER 22, NOVEMBER 12, NOVEMBER 26,  
DECEMBER 17, JANUARY 21, FEBRUARY 4

**1.45 Hurdles Entries Close**

- 2.00 M & W 2000m Walk (All ages)
- 2.15 M & W Sprint Hurdles (All ages)
- 2.30 Men 1500m
- 2.45 Women 1500m
- 2.55 Men 100m
- 3.15 Women 100m

**3.25 Relay Entries Close**

**3.25 Steeple Entries Close**

- 3.30 Men 400m
- 3.45 Women 400m
- 3.55 Women 4 x 100m Relay
- 4.00 Men 4 x 100m Relay
- 4.05 M & W 3000m\* 14/16/18 & 60+  
5000m\*\* 20/Open/40+/50+
- 4.30 M & W Steeple\*\*\* All Ages

- 2.00 M & W Pole Vault > 3.00m  
Women Long Jump (U14/16/18)  
Men Discus (40+/50+/60+)  
Men Javelin (U20/Open)
- 2.30 Men High Jump\* All Ages  
Women Long Jump (U20/Open/40+)  
Women Discus (U14/16/18)  
Men Javelin (40+/50+/60+)
- 2.45 M & W Pole Vault < 3.00m All Ages
- 3.10 Men Long Jump (40+/50+/60+)  
Men Discus (U20/Open)  
Men Javelin (U14/16/18)
- 3.30 Men Long Jump (U20/Open)  
Men Discus (U14/16/18)  
Women Javelin (U20/Open/40+)  
Women High Jump\* All Ages
- 3.50 Men Long Jump (U14/16/18)
- 4.00 Women Discus (U20/Open/40+)  
Women Javelin (U14/16/18)
- 4.35 M & W Hammer All Ages Invitation

**PLEASE LISTEN FOR ANNOUNCEMENTS**

\*Rounds 2 & 6 (Invitation other rounds)

\*\*Rounds 2 & 6 (Invitation other rounds)

\*\*\*Rounds 4, 8, 10 & 12

\* Rounds 2/6/8 & 12 Invitation

NB: For Twilight Meets - all times are 3 hours later

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