

	Brown Bullpen	Standing Long Jump/Running Long Jump Area & Shot Pul	Mini Javelin
10:00	ALL 3000 METER RUN	Shot Put (4KG, 3kg & 1.81kg) F1, F2, F3, F4, JR-F1, OP5	
10:15	ALL 800 METER RUN	Shot Put (4kg) OP1, OP4, OP6, OP7	
10:30	ALL 800 METER WALK	Shot Put (4kg & 3kg) OP2, OP3, F5	
10:45	4 X 100 M RUN CO1, CO2, CO3		
11:00	4 X 100 M RUN CO4		
11:15	4 X 100 M RUN CO5		
11:30	4 X 100 M RUN CO6, CO7		
11:45	ALL 4 x 100 W		
12:00	ALL 4 x 400 M Run	Running Long Jump CO1, CO2, CO3	
12:15	400 M Walk CO1, CO2	Running Long Jump CO4, CO5, CO6, CO7	
12:30	400 M Walk CO3		Mini Javelin (400gr Men) OP1, OP2, OP8
12:45	400 M Run CO1, CO2, CO3	Standing Long Jump OP01, OP09, OP10	Mini Javelin (400gr Men) OP3, OP4
13:00	400 M Run CO4, CO5	Standing Long Jump OP03, OP05, OP06, OP08	Mini Javelin (400gr Men) OP5, OP6, OP7
13:15	200 M RUN F01, F02, F03, F04, F05	Standing Long Jump OP02, OP04, OP07,	Mini Javelin (300gr 8-15) M1, M2, M3, M4
13:30	200 M RUN F06, F07, F08, F09		Mini Javelin (300gr 8-15) M5, M6, M7

All relays should report to the BROWN BULLPEN 30 minutes prior to the race start time

All other races should report to the BROWN BULLPEN 15 minutes prior to the race start time

13:45	200 M RUN M01 , M02, M03		Mini Javelin (300gr Women) OP1, OP2, OP3
14:00	200 M RUN M04, M05		Mini Javelin (300gr Women) OP4, OP5, OP6
14:15	200 M RUN M06, M07		Mini Javelin (300gr 8-15) F1, F2
14:30	200 M RUN M08, M09, M10		
14:45	200 M Run M11, M12, M13		
15:00	ALL 1500 M RUN		