

## Order of Events - Masters & Juvenile Multi-Events 20th May 2018

Check in	10:00 AM			
10:30 AM	Multi Hurdles	HIGH JUMP GIRLS	Boys U/11 Shot	Boys U/12 Long Jump
	Multi 60 m	Other events will follow as athletes are available		
<b>600m /800m Multi will be run during the Senior programme, when athletes are available</b>				
11:30 AM	100m Senior/Master Women			
	100m Senior/Master Men			
12:00 PM	800m Senior/ Master Women	Hammer Men Senior/045		
	800m Senior/ Master Men			
12:30 PM	3000m/5000m	Hammer Women/Men 0/50 +	Men Javelin Senior/045	
	Senior/Master Women			
	Senior/Master Men			
1:00 PM	200m Senior/Master Women	Shot Men Senior/045	Women Discus /Men 050+	
	200m Senior/Master Men			
1:30 PM	1500m Senior/Master Women	Long Jump Women		
	1500m Senior/Master Men	Long Jump Men		
2:00 PM		Shot Women /Men 050+	Men Senior/045 Discus	
2:30 PM	400m Senior/Master Women	High Jump Women/Men		
	400m Senior/Master Men			
3:00 PM		Javelin Women/Men 050 +		