

Sunday May 5 at AIS – High Noon 1

	Track	Field
11:40am	Using Start Blocks Familiarisation for anyone interested	
12:00pm	1500m /3k /5k <u>walk only</u> (hand timed)	High Jump 1.50m start Triple Jump (5/7m Board)
12:05pm	Long Hurdles 200m Hurdles 1 st , then 400m Hurdles	
12:15pm		Javelin
12:20pm	100m	
12:40pm	800m	
12:45pm		High Jump 0.9m start Triple Jump (9/11/13m Boards)
12:55pm	200m	
1:00pm		Shot Put
1:10pm	3k Run	
1:25pm	400m	

** All throws and horizontal jumps will be restricted to a maximum of 4 attempts, **or** approximately 40 minutes, due to time constraints.