

**SATURDAY 28 May** at AIS- Amended May 10

	Track	Field
11:30am		Seated Shot Put- no check in- go straight to event site
11:40am		Pole Vault 2.8m Start (10 minute check in)
11:50am		Long Jump less than 4.5m*(20 minute check in)
11:55am	1500m/3km <u>walk only</u> (hand timed)	
12:00pm	200m/400m Hurdles	Javelin
12:15pm	100m Heats	
12:30pm	800m	Pole Vault 1.50m Start Long Jump greater than 4.5m*
12:45pm	400m	Discus
1:00pm	200m	
1:15pm	3km	
1:30pm	100m Final (Up to 8 each in a Mens and Womens' Final)	

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