

# Programme

## Pre Meeting

6 -00 pm High Jump Women  
 6-00 pm Long Jump Men  
 6-15 pm 1000m Women

## Meeting

7 -00 pm,	High Jump Men	Commonwealth Games Trial
7 -15 pm	110m Hurdles Men	Commonwealth Games Trial
7 -25 pm	100m Hurdles Women	Commonwealth Games Trial
7 -30 pm	Javelin Women	Commonwealth Games Trial
7 -35 pm	400m (Handicap)	
7-45 pm	Long Jump Women	Commonwealth Games Trial
7 -50 pm	100m Men All Grades.	
8 -00 pm	“Fastest Kid on the Block”	
8 -05 pm	Shot Men and Women (Handicap)	
8 15 pm	100m Women	
8 -20 pm	Javelin Men	Commonwealth Games Trial
8 -25 pm	5000m Women	Commonwealth Games Trial
8 -50 pm	1500m Junior Men	
9-05 pm	1500m Men	Commonwealth Games Trial

