

TRACK	02-May	06-Jun	04-Jul	01-Aug	05-Sep
6.30PM	100M	HURDLES	100M	HURDLES	100M
7.30PM	150M	200M	100M	200M	150M
8.00PM	400/300M	800M	400/300M	800M	400/300M
8.30PM	1500M	3000M	1500M	3000M	1500M

FIELD	02-May	06-Jun	04-Jul	01-Aug	05-Sep
6.15pm - 7.15pm	LONG JNR SHOT SNR POLE VAULT*	HIGH JUMP JNR SHOT PUT SNR HAMMER	LONG JNR SHOT SNR POLE VAULT*	HIGH JUMP JNR SHOT PUT SNR HAMMER	LONG JNR SHOT SNR
7.30PM - 8.30PM	LONG SNR SHOT JNR JAVELIN	HIGH JUMP SNR SHOT PUT JNR DISCUS	LONG SNR SHOT JNR JAVELIN	HIGH JUMP SNR SHOT PUT JNR DISCUS	LONG SNR SHOT JNR

* to be confirmed