

10:00 OG Steeple Chase/OB Steeple Chase (Timed Final)

10:30 Sprint Hurdles (Timed Finals) NG,JG,SG,NB,JB,SB

11:00 800m (Timed Finals) NG, JG, SG, NB, JB, SB

11:30 100m (Timed Finals) NG, JG, SG, NB, JB, SB

12:15 3000m (Timed Finals) NG,JG,SG

12:45 300m/400m Hurdles (Timed Finals) NG, JG, SG, NB, JB, SB

1:15 3000m (Timed finals) JG,JB

1:45 200m (Timed Finals) NG,JG,SG,NB,JB,SB

2:15 Track Break (30 min)

2:45 3000m (Timed Finals) SB

3:00 400M (Timed Finals) NG,JG,SG,NB,JB,SB

3:45 1500M (Timed Finals) NG,JG,SG,NB,JB,SB

4:15 4x 100 SG, SB,JG,JB,NG,NB (Run in reverse order)  
4x400 OG, OB