

Sunday 28th April

Event Programme:

100m

200m

400m *(U17M, U20, Senior)*

800m

3,000m *(U15 by invitation, U17, U20, Senior)*

Sprint Hurdles *(including age group specs)*

Steeplechase *(by invitation)*

Long Jump

High Jump

Triple Jump *(by invitation)*

Discus

Javelin

U13 Quadrathlon *(to include 100m, 800m, long jump and javelin)*

Sunday 5th May

Event Programme:

100m

200m

400m *(U17M, U20, Senior)*

800m

5,000m *(U20, Senior)*

110m Hurdles *(by invitation)*

400m Hurdles *(including U17W 300mH)*

High Jump

Triple Jump *(U15, U17, U20, Senior)*

Shot Putt

Discus

Hammer *(U15, U17, U20, Senior)*

U13 Quadrathlon *(to include 100m, 800m, long jump and javelin)*

Thursday 16th May

Event Programme:

100m *(including U13G 75m)*

200m *(by invitation)*

400m *(including U15, U17W 300m)*

1500m *(including U13G 1200m)*

Sprint Hurdles *(including age group specs)*

Long Jump

Triple Jump *(U15, U17, U20, Senior)*

Javelin

Hammer *(U15, U17, U20, Senior)*

