

RIBBON DAY PROGRAMME – DEC 18

OFICIALS MEETING 9 30

MANAGERS MEETING 9 45

TRACK

10 00	60m	All Grades 7 to Senior
10 45	800m	All Grades 10 to Senior
11 30	100m	All Grades 7 to Senior
12 15	1500m Walk	All Grades 10 to Senior
1 00	400m	All Grades 10 to Senior
2 00	Hurdles	All Grades 12 to Senior
2 30	1500m	All Grades 10 to Senior
3 00	200m	All Grades 7 to Senior
3 30	4x100m Relay	All Grades 7 to Senior

FIELD

	SHOT	DISCUS	LONG JUMP	HIGH JUMP
10 00	G7	B7	Open Women	Open Men
10 15	G8	B8	G14	B14
10 30	G9	B9	G13	B13
10 45	G10	B10	G12	B12
11 00	G11	B11	Open Men	
11 15	G12	B12	G11	B11
11 30	G13	B13	G10	B10
11 45	G14	B14	G9	Open Women
12 30	Open Women	Open Men	G8	G14
12 45	B7	G7	B11	G13
1 00	B8	G8	G7	G12
1 15	B9	G9	B14	G11
1 30	B10	G10	B13	
1 45	B11	G11	B12	G10
2 00	B12	G12	B10	
2 15	B13	G13	B9	
2 30	B14	G14	B8	
2 45	Open Men	Open Women	B7	