

## Competition Schedule

SAT 24 AUG 2019

Time	Event	Remark
17:05	100m Commercial Mixed	
17:12	100m Women	Regional
17:18	100m Men	Regional
17:26	200m Women	Masters
17:38	200m Men	Regional
17:44	1000m Women	Regional
17:51	1000m Men	Regional
17:58	800m Men	Masters
18:02	Shot Put Men	
18:05	400m Women	Regional
18:11	400m Men	Regional
18:18	LIFA Relay Boys	
18:28	LIFA Relay Girls	
18:35	Triple Jump Women	
18:38	100m Women	Final C
18:44	100m Women	Final B
18:51	100m Women	Final A
18:57	100m Men	Final C
19:04	100m Men	Final B
19:09	Pole Vault Men	
19:12	Triathlon Shot Put	
19:17	Discus Throw Women	
19:21	100m Men	Final A
19:35	110m Hurdles Men	B Race
19:40	Pole Vault Women	
20:03	400m Hurdles Men	
20:06	Triathlon Long Jump	
20:09	High Jump Men	
20:14	800m Men	
20:24	100m Women	
20:32	Triple Jump Men	
20:35	1500m Men	
20:48	400m Women	
20:57	200m Men	
21:06	800m Women	
21:20	Triathlon 110m Hurdles	
21:29	3000m Steeplechase Men	
21:50	110m Hurdles Men	
22:03	4x100m Relay Women	
22:12	4x100m Relay Men	

