



TIMETABLE

Treloar Shield Round 7

SOPAC Saturday 14th December 2013

TRACK

| Time | Event |
|--------------------------|-------------------------|
| 1:00pm | 400m Hurdles |
| 1:20pm | 100m |
| 2:30pm 2:35pm | 200m |
| 3:30pm 3:40pm | 800m |
| 4:20pm 4:30pm | 1500m/3000m/5000m Walks |
| 5:00pm 5:10pm | Steeplechase |

FIELD

| Time | Event |
|--------------------------|----------------------------------|
| 1:00pm | Pole Vault 1.60m Start |
| 1:00pm | High Jump Men 1.20m Start |
| 1:00pm | Triple Jump 11m + 13m Boards |
| 1:00pm | Shot Put 5kg + 6kg |
| 1:00pm | Hammer Throw 7.26kg |
| 2:00pm | Shot Put 4kg |
| 2:10pm 2:00pm | Triple Jump Men 7m + 9m boards |
| 2:10pm 2:00pm | Hammer Throw 3kg + 5kg |
| 2:30pm 2:45pm | High Jump Women 1.20m start |
| 3:00pm 3:10pm | Shot Put 7.26kg |
| 3:20pm 3:30pm | Hammer Throw 6kg |
| 3:30pm | Pole Vault 3.30m Start |
| 3:30pm 3:40pm | Triple Jump Women 7m + 9m boards |
| 4:00pm 4:15pm | High Jump 1.50m |
| 4:20pm | Shot Put 3kg |
| 4:30pm | Hammer Throw 4kg |