

Club Night A PNAHC

- 4 45 pm Run Jump Throw 6 and Under
- 5 45 pm 60m G7 to SM
Long Jump G7
Discus G10
High Jump Girls and Boys 10/11/12
Shot G13 to SW
Triple Jump B13 to SM
- 6 00 pm Long Jump B7
Discus B10
- 6 15 pm 100m All Grades
Long Jump G8
Discus G11
- 6 30 pm 200mH All Grades
Long Jump B8
Discus B11
Shot B13 to SM
Triple Jump G13 to SW
- 6 45 pm Long Jump G9
Discus G12
- 7 00 pm 400m G10 to SM + Relays
Long Jump B9
Discus B12
- 7 20 pm 1500m G10 to SM
- 7 30 pm 2000m/3000m Steeple Chase

Times are a guide, events may run early if numbers are small