

Club Night C PNAHC

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| 4 45 pm | Run Jump Throw 6 and Under |
| 5 45 pm | 60m G7 to SM Pole Vault 12 and over. Discus G7 Shot G10 Long Jump G13 to SW Hammer Women Javelin Men |
| 6 00 pm | Discus B7 Shot B10 |
| 6 15 pm | 100m All Grades Discus G8 Shot G11 Hammer Men Javelin Women |
| 6 30 pm | Discus B8 Shot B11 Long Jump B13 to SM |
| 6 45 pm | 300/400mH G10 to SM 3x100m relay Discus G9 Shot G12 |
| 7 00 pm | 300m G10 to SM Discus B9 Shot B12 |
| 7 20 pm | 600m/1000m/3000m/5000m G10 to SM |

Times of events is a guideline only. If numbers are small events may run early.