

Ribbon Day/ Arthur Eustace Memorial Programme

PNAHC Dec 16 2023

9 30 am Officials Meeting

Track

10 00 am 60m	G6 and under G 7,8,9,10,11,12,13,14 and over.B6 and under B7,8,9,10,11,12,13,14 and over.
10 30 am 800m	G10,11,12,13,14 and over. B10,11,12,13,14 and over.
11 00 am 100m	G6 and under G7,8,9,10,11,12,13,14 and over. B6 and under B7,8,9,10,11,12,13,14 and over
11 30 am 4x100m Relays	.
12 30 pm 1200m Walk	G10,11,12,13,14 and over.B10,11,12,13,14 and over.
1 00 pm 400m	G10.11.12.13.14 and over B10,11,12,13,14 and over
1 30 pm Hurdles	G7,8,9 B7,8,9 G11,12 B11,12, G13,14 and over B13,14 and over
2 00 pm 1500m	G10,11,12,13,14 and over B10,11,12,13,14 and over
2 30 pm 200m	G7,8,9,10,11,12,13,14 and over. B7,8,9,10,11,12,13,14 and over.

Field

	Long Jump	Shot	Discus	High Jump
10 00 am	G14 and over	G7	B7	G10,11,12,13,14 and over
10 15 am	G13	G8	B8	
10 30 am	G12	G9	B9	
10 45 am	G11	G10	B10	
11 00 am	G10	G11	B11	
11 15 am	G9	G12	B12	
11 30 am				
11 45 am	G8	G13	B13	
12 noon	G7	G14 and over		B14 and over
12 15 pm				
12 30 pm	B14 and over	B7	G7	B10,11,12,13,14 and over
12 45 pm	B13	B8	G8	
1 00 pm	B12	B9	G9	
1 15 pm	B11	B10	G10	
1 30 pm	B10	B11	G11	
1 45 pm	B9	B12	G12	
2 00 pm	B8	B13	G13	
2 15 pm	B7	B14 and over	G14 and over	