

**Central League Competition**  
**Saturday 18th November 2017**  
**Colin Pugh SportsBowl, Blair Street, Masterton**

**Athletes must report 5 minutes prior to all Track Events**  
**Sprint Hurdle entries to be declared at Managers Meeting**

11:10 AM Officials Meeting  
 11:30 AM Managers Technical Meeting

Track		
12:00 PM	300m Hurdles	Women
12:05 PM	400m Hurdles	Women
12:10 PM	300m Hurdles	Men
12:15 PM	400m Hurdles	Men
12:20 PM	3000m Walk	All Grades
12:45 PM	100m	Women
12:55 PM	100m	Men
1:05 PM	2k Steeples	Women
1:15 PM	2k Steeples	Men
1:25 PM	400m	Seeded Grades
1:45 PM	1500m	Women
1:55 PM	1500m	Men
2:05 PM	4X100 Relay	Women/Men
2:20 PM	80m H/100m H	Women/Men
2:30 PM	110 Hurdles	Men
2:40 PM	800m	Seeded Grades
3:00 PM	200m	Seeded Grades
3:40 PM	3000m/5000m	Men and Women
		Additional Races if needed
4:20 PM	4 x 400m Relay	Women/Men

Field		
11:00 AM	Hammer	Men
11:45 AM	Long Jump	Men
12:00 PM	High Jump	Women
12:00 PM	Pole Vault	Women/Men
12:15 PM	Hammer	Women
1:00 PM	Long Jump	Women
1:00 PM	Shot Put	Men
1:10 PM	Discus	Women
2:00 PM	Shot Put	Women
2:00 PM	Discus	Men
2:00 PM	High Jump	Men
2:00 PM	Triple Jump	Men
3:00 PM	Javelin	Men
3:10 PM	Triple Jump	Women
3:40 PM	Javelin	Women