



Grand Prix Meet No 1 – Saturday 19 October 2019

Programme

	Track	Field
1.30pm	3000m Walk	Triple Jump, Javelin
2.00pm	Hurdles 80/100/110m (note 1)	
2.15pm	100m	
2.30pm	1,500m	Discus, High Jump
2:45pm	400m	
3.00pm	5,000m	
3.30pm	200m	
Start times are indicative only. Events will start once the previous event has finished and the site has been set up. Track events may commence up to 10 minutes ahead of the published time.		
Note 1 – Hurdles must be pre-entered by emailing marshallclark21@gmail.com or texting 021 442305 before 8pm Thursday prior to the meeting. Please advise distance and height for hurdles. Because of the time, effort required, a minimum of 2 competitors are needed for these events to go ahead.		