



Grand Prix Meet No 2 – Saturday 16 November 2019

Programme

	Track	Field
1.45pm	3000m Walk	High jump, Shot Put
2.15pm	Hurdles 300m / 400m (note 1)	
2.30pm	100m	
2.50pm	800m	Hammer throw, Long Jump
3:10pm	200m	
3.30pm	3000m	
3.50pm	400m	
<p>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.</p>		
<p>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.</p>		