

Club Night C PNAHC

4 45 pm	Run Jump Throw 6 and Under
5-10 pm	Coaching Fundamentals 7/8/9
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.