

ATHLETICS

Day 1

01/04/16(Friday)

7:00 am	6:00 pm
800(F)M	110 H(TT) M
100(HEAT) M	SHOT PUT(F)W
100(HEAT) W	200(HEAT) M
400(TT) W	800(F) W
DISCUS(F)W	
JAVELIN(F) M	
POLEVAULT (F) M	

Day 2

02/04/16(Saturday)

7:00 am	4:00 pm
1500(F) M	HAMMER(F) M
1500(F) W	LONG JUMP(F) M
200(HEAT)W	HIGH JUMP(F) W
400(TT) M	HIGH JUMP(F) M
DISCUS(F) M	400H(TT) M
TRIPLE JUMP(F) M	4*100(TT) M
LONG JUMP (F) W	4*100(TT) W

Day 3

03/04/16(Sunday)

7:00 am	5:30 pm
5000(F) M	100(F) W
200(F) M	100(F) M
200(F) W	
SHOT PUT (F)M	
4*400(F) W	
4*400(F) M	