



KHOMAS ATHLETICS

SESSION	TIME	EVENT	GROUP
1	06H45	2000M FUN RUN	ALL CATEGORIES
2	07H30	3000M	WOMEN
		3000M	MEN
3	08H30	400MH	WOMEN
		400MH	MEN
		SHOT PUT	WOMEN
		JAVELIN	MEN
4	09H15	200M	WOMEN
		200M	MEN
		HIGH JUMP	WOMEN
		LONG JUMP	MEN
		DISCUSS	MEN & WOMEN
5	10H00	800M	WOMEN
		800M	MEN
		100MH	WOMEN
		110MH	MEN
		SHOT PUT	MEN
		JAVELIN	WOMEN
6	11H00	100M	WOMEN
		100M	MEN
		HIGH JUMP	MEN
		LONG JUMP	WOMEN
7	11H45	1500M	WOMEN
		1500M	MEN
		400M	WOMEN
		400M	MEN
		TRIPPLE JUMP	MEN & WOMEN
8	12H45	MIXED SWEDISH RELAY 100,200,300,400 800,400,200,200	WOMEN
		4 X 100M RELAY	WOMEN
		4 X 100M RELAY	MEN