

<b>Nat 4 2016</b>	<b>SINGLE</b>
<b>Start 13.00</b>	
13.00 pm	Hammer
	Long Jump
	Pole Vault
13.30pm	High Jump
14.00 pm	Discus
	100m non/sc
14.20 pm	400m Hurdles
14.35 pm	800m
14.50 pm	Triple Jump
	100m
15.05 pm	3000m Steeplechase
15.25 pm	110m Hurdles
15.40 pm	Javelin
	Shot
15.45 pm	400m (including 1 non scoring race)
16.00 pm	1500m
16.10 pm	200m (including 1 non scoring race)
16.25 pm	3000m Matches 1 & 4 5000m Matches 2 & 3
16.50 pm	4 x 100m Relay
17.10 pm	4 x 400m Relay