


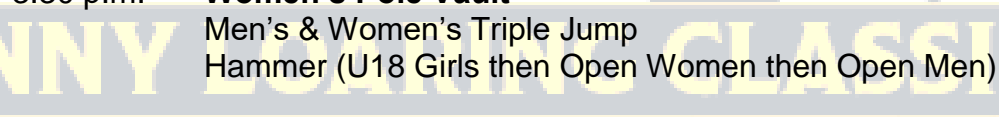
FINAL Schedule of Events
Saturday, May 18th, 2019

Track Events



4:00 p.m.	Women's 100m Heats
4:15 p.m.	Men's 100m Heats
4:40 p.m.	Women's 100mH Heats
4:50 p.m.	Men's 110mH Heats
5:05 p.m.	Women's 100m B & A Final
5:15 p.m.	Men's 100m B & A Final
5:25 p.m.	Men's 110mH Final
5:35 p.m.	Women's 100mH Final
5:45 p.m.	Women's 400m Timed Final
5:55 p.m.	Men's 400m Timed Final
6:05 p.m.	Women's 200m Heats
6:25 p.m.	Men's 200m Heats
7:00 p.m.	Welcoming Ceremonies
7:30 p.m.	Women's 400mH Timed Final
7:35 p.m.	Men's 400mH Timed Final
7:45 p.m.	Women's 800m Timed Final
7:55 p.m.	Men's 800m Timed Final
8:00 p.m.	Women's 200m B & A Final
8:10 p.m.	Men's 200m B & A Final
8:20 p.m.	Women's 1500m Timed Final
8:30 p.m.	Gary Malloy Memorial Men's 1500m Timed Final
8:40pm	Men's 3000m Steeple Chase

Field Events



3:30 p.m.	Women's Pole Vault Men's & Women's Triple Jump Hammer (U18 Girls then Open Women then Open Men)
4:30p.m.	Men's High Jump
4:45 p.m.	Women's Long Jump (2 flights)
5:00 p.m.	Men's & Women's Javelin Throw
5:30 p.m.	Women's High Jump Men's Pole Vault
6:00 p.m.	Discus (Women then Men) Shot Put (Men then Women)
7:00 p.m.	Men's Long Jump