

## Sunday February 18<sup>th</sup>, 2024

9:00am	1500m	Women followed by Men
9:20am	800m	Women followed by Men
9:30am	60m Hurdle	Women (1 <sup>st</sup> Run)
9:40am	60m Heats	Women (1 <sup>st</sup> Run)
9:50am	60m Heats	Men (1 <sup>st</sup> Run)
10:05am	600m	Women followed by Men
10:10am	Medley Relay	Mixed
10:20am	300m	Women followed by Men
10:30am	400m	Women followed by Men
10:40am	60m Hurdle Final	Women (2 <sup>nd</sup> Run)
10:50am	60m Final	Women (2 <sup>nd</sup> Run)
11:00am	60m Final	Men (2 <sup>nd</sup> Run)
11:15am	1000m	Men
11:25am	200m	Women
11:35am	200m	Men
11:50am	4x400m	Men

**ALL TIMED SECTIONS WILL BE RUN FROM FAST TO SLOW**