

Sunday February 16th, 2025

10:00am	4x200m	Women
10:10am	1500m	Men
10:20am	60m Hurdle	Women (1 st Run)
10:30am	60m Hurdle	Men (1 st Run)
10:40am	60m Heats	Women (1 st Run)
10:50am	60m Heats	Men (1 st Run)
11:15am	300m	Women followed by Men
11:25am	400m	Women followed by Men
11:45am	1000m	Men
12:00pm	60m Hurdle	Women (2 nd Run)
12:10pm	60m Hurdle	Men (2 nd Run)
12:20pm	60m Final	Women (2 nd Run)
12:30pm	60m Final	Men (2 nd Run)
12:55pm	800m	Women
1:00pm	200m	Women
1:15pm	200m	Men
1:30pm	4x400m	Women

ALL TIMED SECTIONS WILL BE RUN FROM FAST TO SLOW

EVENTS MAY RUN (5 Mins) AHEAD OF SEHEDULE

ALL 60m & 60mH ATHLETES WILL HAVE 2 RUNS