

<b>PROGRAMME 4</b>			
	<b>GIRLS</b>	<b>EVENTS</b>	<b>BOYS</b>
9.00 AM		RELAYS	9,10,12, 14
	11 (CIRCLE A)	SHOT PUT	
	13 (PIT B), 14 (PIT A)	HIGH JUMP	
9.15 AM		RELAYS	7,8,11,13
	9 (CIRCLE B)	SHOT PUT	
9.30 AM		LONG JUMP	12 (PIT-A2), 9 (PIT-B1)
		DISCUS	14 (CIRCLE B), 10 (CIRCLE A)
	12	1500M	
9.35 AM	10	1500M	
9.45 AM		400M	11
9.50 AM		400M	13
10.00 AM	8	60M	
	7	HAVE A GO	
10.05 AM		60M	7
10.10 AM		60M	8
10.15 AM	12	60M	
10.20 AM	10	60M	
		DISCUS	13 (CIRCLE B)
		LONG JUMP	11 (PIT-A2), 7 (PITB1)
10.25 AM	13	60M	
		DISCUS	8 (CIRCLE A)
10.30 AM		60M	9
	12 (PITA)	HIGH JUMP	
10.35 AM	9	60M	
	10 (CIRCLE B)	SHOT PUT	
10.40 AM	8	HAVE A GO	
	7	60M	
	13 (CIRCLE A)	SHOT PUT	
10.45 AM	11	60M	
10.50 AM	14	60M	
10.55 AM		100M	10
11.00 AM		100M	14
	11 (PIT B)	HIGH JUMP	
11.05 AM		100M	12
11.10AM		100M	9
	7 (CIRCLE B)	SHOT PUT	
11.15 AM	9	HAVE A GO	
		100M	11
11.20 AM		LONG JUMP	14 (PIT-A2), 10 (PIT-B1)
		100M	13
	14 (CIRCLE A)	SHOT PUT	
11.25 AM		100M	8
11.30AM		DISCUS	12 (CIRCLE B), 9 (CIRCLE A)
		100M	7
11.35 AM	12	200M	
11.40 AM	13	200M	
11.45 AM	10	200M	
11.50 AM	8	200M	
11.55 AM	9	200M	
12.00 PM	7	200M	
12.05 PM	14	200M	
	8 (CIRCLE 2)	SHOT PUT	
		LONG JUMP	8 (PITB1)
12.10 PM	11	200M	
	10 (PIT A)	HIGH JUMP	
12.15PM		DISCUS	7 (CIRCLE A)
12.20 PM		TRACK WALK 1200M	10,11,12
		TRACK WALK 1600M	13
		TRACK WALK 2000M	14
	12	80M HURDLES	
12.25PM	13	80M HURDLES	
12.30 PM	14	80M HURDLES	
12.35 PM		LONG JUMP	13 (PIT-A2)
		DISCUS	11 (CIRCLE B)
	12 (CIRCLE A)	SHOT PUT	
12.40PM		400M	10
12.45 PM		400M	12
12.50 PM		400M	14
13.00 PM	11,13,14	1500M	
13.15 PM		800M(ALTERNATIVE)	10,11,12,13,14