

DISTRICT 5B SCHEDULE OF EVENTS

FRIDAY MAY 12TH 2023

10:00	110 M HURDLES BOYS	10:00 POLE VAULT-BOYS
10:15	100 M HURDLES GIRLS	DISCUS-GIRLS
10:30	100 M DASH BOYS	HIGH JUMP-GIRLS
10:45	100 M DASH GIRLS	JAVELIN-BOYS
11:00	1600 M. RUN BOYS	LONG JUMP- BOYS
11:15	1600 M. RUN GIRLS	11:15 SHOT PUT- BOYS
11:30	4 X 100 M. RELAY BOYS	TRIPLE JUMP-GIRLS
11:40	4 X 100 M. RELAY GIRLS	
12:00	400 M. DASH BOYS	
12:15	400 M. DASH GIRLS	
12:30 LUNCH BREAK		12:30 JAVELIN-GIRLS
		DISCUS- BOYS
1:00	300 M. HURDLES BOYS	LONG JUMP-GIRLS
1:15	300 M. HURDLES GIRLS	POLE VAULT-GIRLS
1:30	800 M. RUN BOYS	HIGH JUMP-BOYS
1:40	800 M. RUN GRLS	1:45 SHOT PUT- GIRLS
1:55	200 M. DASH BOYS	TRIPLE JUMP- BOYS
2:10	200 M. DASH GIRLS	
2:30	3200 M. RUN BOYS	
2:50	3200 M. RUN GIRLS	
3:10	4 X 400 M. RELAY BOYS	
3:20	4 X 400 M. RELAY GIRLS	

We will stick to the time schedule for athlete recovery unless dire weather circumstances occur.

