

**IOMAA Track and Field League 2019**  
**Sponsored by Newfield**  
**Programme for Wednesday 22nd May 2019**

**PIT ONE**

**PIT TWO**

	U13G	U13B	U15G	U15B	U17G	U17B	JSVw	JSVm
6.15pm	70m Hurdles	75m Hurdles	75m Hurdles	80m Hurdles	80m Hurdles	100m Hurdles	100m Hurdles	110m Hurdles
6.15pm		Javelin						
6.35pm	Long Jump		Long Jump					200m
6.40pm						200m		
6.45pm				200m				
6.50pm				Javelin	200m	Javelin		Javelin
6.55pm							200m	
7.00pm			200m					
7.05pm	200m							
7.10pm		200m			Long/Triple Jump		Long/Triple Jump	
7.20pm			300m	300m	300m			
7.25pm						400m	400m	400m
7.25pm	Hammer	Hammer	Hammer	Hammer	Hammer	Hammer	Hammer	Hammer
7.30pm	4 x100m Relay	4 x100m Relay	4 x100m Relay	4 x100m Relay				
7.35pm					4 x100m Relay	4 x100m Relay	4 x100m Relay	4 x100m Relay
7.40pm	800m							
7.45pm		800m						
7.50pm			800m	800m				
7.55pm					800m	800m	800m	800m
8.00pm			3000m	3000m	3/5000m	3/5000m	3/5000m	3/5000m