



Sprint Gala – Saturday 3rd May 2025

TIMETABLE

<u>Time</u>	<u>Event</u>	<u>Race</u>
12:00	60m Seated Throws	R1- 3
12:10	60m	R4-6
12:20	60m	Women's A Race (R7) Men's A Race (R8)
12:30	70m/75m Hurdles	R9
12:40	80m Hurdles	R10
12:50	100m Hurdles	R11
13:00	100m/110m Hurdles	R12
-	-	-
13:30	150m Triple Jump	R13, R14, R15
13:40	150m	R16, R17, R18
13:50	150m	R19, R20
14:00	150m	R21, R22
14:10	150m	Women's A Race (R23) Men's A Race (R24)
14:20	300m	R25, R26, R27
14:30	300m	R28, R29
14:40	300m	R30, R31
14:50	300m	Women's A Race (R32) Men's A Race (R33)

