



Sprint Gala - 3rd August 2024
Crownpoint

TIMETABLE

<u>Time</u>	<u>Event</u>	<u>Race</u>
12:00	300m Hurdles High Jump	1
12:10	400m Hurdles	2
12:20	100m	3, 4, 5
12:30	100m	6, 7, 8
12:40	100m	9, 10, 11
12:50	100m	12, 13
13:00	100m	14, 15
-	BREAK	-
13:30	70m Hurdles 75m Hurdles	16 17
13:40	80m Hurdles 100m Hurdles	18 19
13:50	110m Hurdles	20
14:00	300m Triple Jump	21, 22, 23
14:10	400m	24, 25, 26
14:20	400m	27, 28
14:30	400m	29, 30