



Sprint Gala – Saturday 3^{1st} May 2025

TIMETABLE

<u>Time</u>	<u>Event</u>	<u>Race</u>
12:00	100m (Round 1)	R 1 - 3
12:10	100m (Round 1)	R 4 - 6
12:20	100m (Round 1)	R 7 - 9
12:30	100m (Round 1)	R 10 - 12
12:40	100m (Round 1)	R 13 - 15
12:50	100m (Round 1)	R 16 Women's A Race (R 17) Men's A Race (R 18)
13:00	300m	R 19, 20
13:10	400m	R 21 - 23
13:20	400m	R 24 - 26
13:30	Triple Jump	
14:00	100m (Round 2)	R 27 - 29
14:10	100m (Round 2)	R 30 - 32
14:20	100m (Round 2)	R 33 - 35
14:30	100m (Round 2)	R 36, 37
14:40	300m Hurdles	R 38
14:50	400m Hurdles	R 39, 40