

10th December 2022 Saturday Venue SAF

8.00 3000m Run/Walk
Weight M30+ North/West Corner
Discus W30+ Northern Cage
High Jump

8.15 Sprint Hurdles

8.45 **100 yards**

9.00 Discus M30+ Northern Cage
Javelin W30+ Northern End
Pole Vault

9.10 60m

9.30 400m

9.45 **1 Mile *Run/Walk***
Long/Triple Jump

10.00 Javelin M30+ Northern End
Weight W30+ North/West Corner

10.10 200m

14th December 2022 Wednesday Evening Venue SAF

7.00 800m
Discus

7.15 60m
High Jump

7.30 200m

7.50 100m
Shot Put

8.00 Long Jump

8.05 400m

8.20 3000m Run/Walk