



Cooks Gardens Classic Tuesday 26th January 2010

Final Programme

5-20 pm	Javelin Men and Women +
5-30 pm	200 metres Men
5-35 pm	200 metres Women
5-40 pm	Pole Vault Men and Women
5-45 pm	3000m Walk Men
6-20 pm	Hammer Men and Women +
6-30 pm	Mens Long Jump
7-00 pm'	2 x 100 m Relay
7-00 pm	Shot Men and Shot Women +
7-20 pm	Long Jump Women #
7-15 pm	110m Hurdles Men
7-20 pm	High Jump/Men and Women +
7-25 pm	100m Hurdles Women
7-35 pm	2,000m Steeplechase Men
7-45 pm	Discus Men and Women +
7-45 pm	1500m Steeplechase Women
7-55 pm	400m – Women
8-10 pm	400m - Men
8-15 pm	Triple Jump Men and Women #
8-20 pm	Children's event
8-25 pm	100m – Women
8-35 pm	100m – Men
8-40 pm	3000m
8-55 pm	2 x 200 m Men and Women
9-00 pm	Mile – Women
9-05 pm	Mile – Men

Jump Biathlon (IAAF Points) *

Leading 3 Jumpers will receive an additional trial.

+ Run concurrently but separate competitions.