

Sir Graeme Douglas International - Programme - as of 22-02-21

Qualifying & Pre Meet	1700	400 Hurdles - non Continental	M
	1715	200 Para - non Continental	W
	1720	200 Para - non Continental	M
	1730	100m Heats x 2	W
	1740	100m Heats x 3 (1 Para)	M
SGD - Begin	1805	Pole Vault	M
	1805	Triple Jump	W
	1815	Shot Put	W
	1830	100H	W
	1840	110H	M
	1900	Javelin	W
	1910	800 - non Continental	W
	1915	High Jump	M
	1920	800 Race 1	M
	1925	800 Race 2	M
	1930	Pole Vault	W
	1940	100	W
	1945	100	M
	1945	Shot Put	M
	1945	Long Jump	M
	1955	400 Race 1	M
	2000	400 Race 2	M
	2005	400	W
	2015	Sir John Walker Mile Junior Men - non Continental	JM
	2030	1500	W

*subject to change

	WOMEN	MEN
100m	✓	✓
200m Para	✓	✓
400m	✓	✓
800m	✓	✓
1500m	✓	
Mile - JM		✓
100mH	✓	
110mH		✓
400mH		✓
Long Jump		✓
Triple Jump	✓	
High Jump		✓
Javelin	✓	
Pole Vault	✓	✓
Shot Put	✓	✓