

**Leo Benning 1 - 10 April 2021**

Track Events		Throw Events		Jump Events	
08:00	5000m Run	08:00	Shot put (W)	08:45	Long Jump
08:30	5000m Walk	08:45	Shot put (M)	09:45	High Jump
09:15	80/100/110m Hurdles	09:00	Javelin (W)	10:45	Triple Jump
09:30	200m	09:45	Javelin (M)		
10:00	800m	10:00	Weight Throw (W)		
10:15	200/300/400m Hurdles	10:45	Weight Throw (M)		
10:30	100m				
11:00	1500m				
11:15	400m				