

Leo Benning 5

Date: 8 October 2022

Track Events		Throw Events		Jump Events	
07:00	5000m Run	07:00	Hammer Throw (W)	08:15	Long Jump
07:30	5000m Walk	07:45	Hammer Throw (M)	09:15	High Jump
08:45	80/100/110m Hurdles	08:00	Shot put (W)	10:15	Triple Jump
09:00	200m	08:45	Shot put (M)		
09:30	800m	09:00	Discus (W)		
09:45	200/300/400m Hurdles	09:45	Discus (M)		
10:00	100m	10:00	Javelin (W)		
10:30	1500m	10:45	Javelin (M)		
10:45	400m	11:00	Weight Throw (W)		
		11:45	Weight Throw (M)		