

## Competition Schedule

SAT 30 JUN 2018

TIMING, RESULTS SERVICE &  
DISTANCE MEASUREMENT BY



Time	Event	Remark
17:36	100m Women	Regional
17:42	100m Men	Regional
17:50	200m Women	Regional
17:56	200m Men	Regional
18:02	200m Women	Masters
18:08	800m Men	Masters
18:13	1500m Women	Regional
18:22	800m Men	Regional
18:28	400m Women	Regional
18:33	400m Men	Regional
18:40	Discus Throw Women	
18:43	LIFA Relay Girls	
18:50	Triple Jump Women	
18:52	LIFA Relay Boys	
19:10	Triathlon Long Jump	
19:17	110m Hurdles Men	Heat A
19:26	110m Hurdles Men	Heat B
19:32	Pole Vault Men	
19:35	100m Men	B
20:03	400m Hurdles Men	
20:07	Triathlon Shot Put	
20:10	High Jump Women	
20:12	3000m Steeplechase Women	
20:26	Discus Throw Men	
20:30	200m Men	
20:39	1500m Men	
20:53	110m Hurdles Men	Final
21:03	400m Women	
21:10	800m Men	
21:23	Triathlon 110m Hurdles	
21:33	200m Women	
21:42	800m Women	
21:52	100m Men	

