

OPEN PROGRAM 2					
26 January - 23 February 2019					
TRACK			FIELD		
Time	Event	Age Group	Time	Event	Age Group
13:00	5000m Walk All		14:00	High Jump	Women All
13:20	200m	Men		Long Jump	Men All
	200m	Junior Men		Shot Put	Women All
	200m	Youth Men			
	200m	Women / Juniors			
	200m	Youth Women			
13:45	110m Hurdles	Men			
	110m Hurdles	Junior Men			
	110m Hurdles	Youth Men			
	100m Hurdles	Women / Juniors			
	100m Hurdles	Youth Women	15:00	High Jump	Men All
14:15	1500m	Men		Long Jump	Women All
	1500m	Junior Men		Weight Throw	Men All
	1500m	Youth Men			
	1500m	Women / Juniors			
	1500m	Youth Women			
14:50	400m	Men	15:30	Javelin	Women All
	400m	Junior Men			
	400m	Youth Men			
	400m	Women / Juniors			
	400m	Youth Women			
15:15	3000m	Youth & Men	16:00	Javelin	Men All
	3000m	Women / All		Shot Put	Men All
15:45	400m Hurdles	Men			
	400m Hurdles	Women			
16:00	100m	Men			
	100m	Junior Men			
	100m	Youth Men			
	100m	Women			
	100m	Junior Women			
	100m	Youth Women			
17:00	800m	Youth Women	17:00	Hammer	All
	800m	Junior & Women			
	800m	Youth Men			
	800m	Junior & Men			
17:30	10000m	All			

NB: Please note the below age groups for the following meeting:
Youth- Under 18= Born in 2003 and 2002
Junior- Under 20 = Born in 2001 and 2000
Senior = 20 year and older in 2019
Meeting Held Under the Rules of IAAF, ASA & CGA