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| **Club Champs Programme 2019** |
| **Tuesday 12th February:** | **Block One** |  | **Block Two** |  | **Block Three** |
|   |   |   |   |   |   |
| 400m | 7, 8, 9 (Back Track) |   |   |   |   |
| Long Jump | 13, 14, U19 |   | 7 |   |   |
| High Jump | 10 |   |   |   |   |
| Discus | 11 |   | 9 |   |   |
| Shot Put  | 12 |   | 8 |   |   |
| 800m |   |   | 10, 11, 12, 13, 14, U19 (400 Track) |   |   |
|   |   |   |   |   |   |
| **Tuesday 19th February:** | **Block One** |  | **Block Two** |  | **Block Three** |
| 200m | 8, 7, 9 (Back Track)  |   | 12, 13, 14, U19, 11, 10 (400m Track) |   |   |
| Long Jump | 11 |   | 9 |   | 10 |
| High Jump | 12 |   |   |   |   |
| Discus | 13, 14, U19 |   | 8 |   | 12 |
| Shot Put  | 10 |   | 7 |   |   |
|   |   |   |   |   |   |
| **Tuesday 26th February:** | **Block One** |  | **Block Two** |  | **Block Three** |
| 100m | 8, 7, 9, 12, 13, 14, U19, 11, 10 |   |   |   |   |
| Long Jump |   |   | 12 |   | 8 |
| High Jump |   |   | 13, 14 |   |   |
| Discus |   |   | 10 |   |   |
| Shot Put  |   |   | 11 |   | 9 |
| 400m |   |   |   |   | 12, 11, 10, 13, 14, U19 |
| **Tuesday 5th March:** | **Block One** |  | **Block Two** |  | **Block Three** |
| 60m | 8, 7, 9 (400 Track) |   |   |   |   |
| Long Jump |   |   |   |   |   |
| High Jump | 11 |   |   |   |   |
| Discus |   |   |   |   |   |
| Shot Put  | 13, 14, U19 |   |   |   |   |
| 1500m |   |   | 12, 13, 14, U19, 11, 10 (400 Track) |   |   |
|   |   |   |   |   |   |
| **Tuesday 12th March** | **Block One** |  | **Block Two** |  | **Block Three** |
| 800m open | 7, 8, 9 |   |   |   |   |
|   |   |   |   |   |   |
| 2000 / 3000 Open | 10, 11, 12, 13, 14 |   |   |   |   |
|  |  |  |  |  |  |
| **NB: Track events first unless noted otherwise****NB: Some events may run over their allocated times.**  |  |  |  |  |