|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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.** | |  |  |  |  |