

<u>Wed 5th Apr</u>	<u>Wed 19th Apr</u>	<u>Wed 3rd May</u>	<u>Wed 17th May</u>
7.00pm 100m 7.20pm 1 mile 8.20pm 200m 8.50pm 3000m 7.45pm Long Jump	7.00pm 200m 7.30pm 400m no U13s 8.00pm 800m 9.00pm 3000m 7.15pm High Jump	7.00pm 100m 7.30pm BMC 8.05pm 1500m No times please over 5m 30s 9.15pm 3000m No times please over 11m00s 7.15pm Triple Jump	7.00pm 400m No U13s 7.30pm 200m 8.00pm 800m No times please over 2m 45s 7.15pm PV UP TO 3.5m POSTPONE to 31st May
<u>Wed 31st May</u>	<u>Wed 14th Jun</u>	<u>Wed 28th Jun</u>	<u>Wed 12th Jul</u>
7.00pm 100m 7.30pm 1500m No times please over 5m 30s 9.15pm 3000m No times please over 11m00s 7.15pm PV from 3.5m	6.50pm 200m 7.20pm BMC 8.10pm 800m No times please over 2m 45s 7.15pm Shot	7.00pm 100m 7.30pm 1500m No times please over 5m 30s 9.15pm 3000m No times please over 11m00s 7.15pm Long Jump	7.00pm 400m no U13s 7.30pm BMC 8.05pm 800m No times please over 2m 45s 7.15pm High Jump
<u>Wed 26th Jul</u>	<u>Wed 9th Aug</u>	<u>Wed 23rd Aug</u>	<u>Wed 6th Sep</u>
7.00pm 200m 7.30pm 1500m No times please over 5m 30s 9.15pm 3000m No times please over 11m 00s 7.15pm Triple Jump	7.00pm 100m 7.30pm BMC 8.05pm 800m No times please over 2m 45s 7.15pm Shot	7.00pm 400m No U13s 7.30pm 1500m No times please over 5m 30s 9.30pm 3000m No times please over 11m00s 7.15pm Long Jump	7.00pm 200m 7.30pm 100m 8.00pm 800m 9.15pm 3000m 7.15pm High Jump