

The program is listed below (all times are approximate and may be changed on the day)

	Category	Event
12:00	Masters Men + Senior Women + Masters Women	3000m Walk
12:00	Senior Men	5000m Walk
12:30	Masters + Senior Women	100m Hurdles
	Masters + Senior Men	110m Hurdles
12:45	Masters + Senior Men	3000m Steeplechase
13:00	Masters + Senior Men	400m Hurdles
	Masters + Senior Women	400m Hurdles
13:20	Masters Men	800m
	Senior + Masters Women	800m
	Senior Men "B" (for PBs over 2.05)	800m
	Senior Men "A"	800m
13:40	Masters Women	200m
	Masters Men	200m
	Senior Women	200m
	Senior Men	200m
14:00	Masters/Senior Men/Senior Women	5000m
	BREAK	
14:45	Masters Women	100m
	Masters Men	100m
	Senior Women	100m
	Senior Men	100m
15:05	Senior + Master Women	400m
15:40	Masters Men	400m
15:50	Senior Men	400m
15:25	Senior + Masters Women	1500m
	Masters Men	1500m
	Senior Men	1500m
15:50	Senior Women	4*100m
16:00	Senior Men	4*100m

	Event	Event
11:30	Pole Vault (All categories)	
12:00	Long Jump (Senior & Masters Women)	High Jump (Senior & Masters Men)
13:00	Long Jump (Senior & Masters Men)	High Jump (Senior & Masters Women)
14:00	Triple Jump (All Categories)	

	Event
11:30	Hammer (Senior & Masters Men)
	Hammer (Senior & Masters Women)
12:30	Discus (Senior & Masters Men)
	Discus (Senior & Masters Women)
13:30	Shot (Senior & Masters Men)
	Shot (Senior & Masters Women)
14:30	Javelin (Senior & Masters Men)
	Javelin (Senior & Masters Women)
15:30	Weight for Distance (all categories)

Entry Fee: 5 Euro for first event + 3 Euro per other events

Late Entry Fee: 10 Euro for first event + 6 Euro per other events