

Track		Field	
11:00 60m	Women	11:00 Pole Vault	Men
11:05 60m	Men	13:00 Pole Vault	Women
11:15 1500m	Women		
11:25 1500m	Men	12:00 High Jump	Men
11:35 4x400m	Women	13:30 High Jump	Women
11:50 4x400m	Men		
12:05 1500mW	Women		
12:15 1500mW	Men	11:00 Long Jump	Men
12:30 60mH	Women	12:00 Long Jump	Women
12:40 60mH	Men	13:00 Triple Jump	Men
13:15 200m	Women	14:00 Triple Jump	Women
13:25 200m	Men		
13:40 800m		11:00 Shot Put	Women
13:50 800m		12:00 Shot Put	Men
14:00 3000m	Women	13:00 Weight Throw	Women
14:15 3000m	Men	14:00 Weight Throw	Men
14:30 400m	Women		
14:45 400m	Men		
15:00 4x200m	Women		
15:15 4x200m	Men		

Points Awarded 9,7,6,5,4,3,2,1
Top 8 Teams only to final, based on
combiend score in Round 1 &2
No Guest in League Final