|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Interclub** | | | | | | | | | |
| Programme 1 | | | | | | | | | |
| approximate times | 6.00pm |  | 6.30pm |  | 7.00pm |  | 7.30pm |  |  |
| 7 B | D |  | 100 |  | LJ |  | 60 |  | 1500M |
| 7 G | LJ |  | 100 |  | D |  | 60 |  |
| 8 B | D |  | 100 |  | LJ |  | 60 |  |
| 8 G | LJ |  | 100 |  | D |  | 60 |  |
| 9 B | D |  | 100 |  | LJ |  | 60 |  |
| 9 G | LJ |  | 100 |  | D |  | 60 |  |
| 14 B | 100 |  | D |  | 400 |  | LJ |  |
| 14 G | 100 |  | LJ |  | 400 |  | D |  |
| Men U18, U20, Snr | 100 |  | D |  | 400 |  | LJ |  |
| Women U18, U20, Snr | 100 |  | LJ |  | 400 |  | D |  |
| 10 B | 100 |  | HJ |  | 400 |  | SP |  |
| 10 G | 100 |  | SP |  | 400 |  | HJ |  |
| 11 B | 100 |  | HJ |  | 400 |  | SP |  |
| 11 G | 100 |  | SP |  | 400 |  | HJ |  |
| 12 B | 100 |  | HJ |  | 400 |  | SP |  |
| 12 G | 100 |  | SP |  | 400 |  | HJ |  |
| 13 B | 100 |  | HJ |  | 400 |  | SP |  |
| 13 G | 100 |  | SP |  | 400 |  | HJ |  |

