M1	Track									Field									
Time	**Event**	**Men**				**Women**				**Men**				Off	**Women**				Off
18:30										Shot	35	50		C	Hammer	35	50		A
18:30										High Jump	35	50		B					
19:00	100m	A	B	50											Triple Jump	35	50		F
19:10	100m					A	B	50		Hammer	35	50		O					
19:20	2000m Walk	A		50		A		50											
19:40										Long Jump	35	50	60	J					
19:50	400m	A	B	50															
20:00	400m					A	B	50							High Jump	35	50	60	H
20:00															Javelin	35	50		P
20:10	1500m	A	B	50	60														
20:25	1500m					A	B	50	60										
20:35	4 x 100m	A																	
20:45	4 x 100m					A													

Clubs:				
A Aldershot, Farnham & District	**B** Basingstoke & Mid Hants	**C** Southampton	**F** Fleet & Crookham	last updated 5 Apr 2022
H Havant	**O** Overton Harriers	**P** City of Portsmouth	**J** Winchester & District	