M3	Track									Field									
Time	**Event**	**Men**				**Women**				**Men**				Off	**Women**				Off
18:30										Hammer	35	50		F					
19:00	100m	A	B	50						High Jump	35	50		O	Triple Jump	35	50		H
19:10	100m					A	B	50											
19:20	3000m SC	A	B	50											Javelin	35	50	60	A
19:40	400m					A	B	50	60	Long Jump	35	50		B					
19:50	400m	A	B	50	60														
20:00	1500m					A	B	50		Shot	35	50	60	J	High Jump	35	50		P
20:00															Hammer	35	50		C
20:15	1500m	A	B	50															
20:30	Medley Relay	A																	
20:40	Medley Relay					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	