M4	Track									Field									
Time	**Event**	**Men**				**Women**				**Men**				Off	**Women**				Off
18:30										Discus	35	50		H	Shot	35	50		P
18:30										Pole Vault	35	50		A	Pole Vault	35	50		A
18:40	2000m Walk	A		50		A		50											
19:00										Triple Jump	35	50		J					
19:05	800m	A	B	50	60														
19:15	800m					A	B	50											
19:20															Discus	35	50		O
19:25	200m	A	B	50															
19:35	200m					A	B	50	60										
19:45	3000m	A	B												Long Jump	35	50	60	F
19:50										Javelin	35	50	60	B					
20:00	3000m			50	60														
20:20	3000m					A	B	50											
20:40	4 x 200m	A																	
20:50	4 x 200m					A													

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