

**AVON SCHOOLS T & F CHAMPIONSHIPS**  
**SATURDAY – 8<sup>th</sup> June Kip Keino Stadium**  
**Track Timetable 2019**

11.00am	300H	IG	
11.05am	400H	SG/IB/SB	
11.15am	100m 100m 100m 100m	IG IB SG SB	
11.35am	800m 800m 800m 800m	MG MB JG JB	
12.noon 12.05pm 12.10pm	75H 80H 80H	JG IG JB	
12.15pm	3000m	IB,IG,SB,SG	
12.30pm 12.35pm 12.45pm	100H 100H 110H	SG IB SB	
12.55pm	100m	MG,MB,JG,JB	
2.15pm	1500m 1500m 1500m 1500m	JG IG,SG JB IB,SB	
3.15pm	200m 200m 200m 200m 200m 200m	SB IB SG IG JB JG	
3.45pm 4.00pm	300m 400m	JB, IG SG,IB,SB	
4.10pm	800m 800m	IG/SG IB/SB	

## Field Timetable - 2019

11.00am	HAMMER POLE VAULT SHOT (2.72KG)	JG,JB,IG,IB,SG,SB JG: JB, IG,IB,SG,SB MG,MB	
11.30am	HIGH JUMP LONG JUMP	MG,MB JG	
12,00am	LONG JUMP DISCUS SHOT (3kg)	JB IB,SB JG,IG	
12.45pm	DISCUS HIGH JUMP	JB JB,JG	
13.00 pm	SHOT (4kg)	JB,SG	
13.15pm	LONG JUMP	IB/SB	
1.30pm	DISCUS SHOT (5kg,6kg) HIGH JUMP LONG JUMP	JG,IG,SG IB,SB IB,IG,SB,SG IG,SG	
2.15pm	TRIPLE JUMP	JB,IG	
2.30pm	JAVELIN (500gm)	JG/IG	
3.15pm	TRIPLE JUMP	IB,SG,SB	
3.30pm	JAVELIN (600gm)	JB/SG	
4.15pm	JAVELIN (700gm,800m)	IB,SB	

<b>Hammer</b> 11.00 am – JB,JG,IB,IG,SB,SG	<b>Discus</b> 12.00am – IB,SB 12.45am- JB 1.30pm – JG,IG,SG	<b>Javelin</b> 2.30pm – JG,IG 3.30pm - JB,SG 4.15pm– IB,SB	<b>Shot</b> 11.00am – MG,MB 12.-0am – JG,IG 12.30 pm– JB,SG 1.30pm – IB,SB
<b>Pole Vault</b> 11.00am – JG JB,IB,SB, IG, SG	<b>High Jump</b> 11.30am – MG,MB 12.45pm – JG,JB, 1.30 – IB,IG,SG,SB	<b>Long Jump</b> 11.30am– JG 12.00am – JB 13.15 - IB,SB 13.30pm – IG,SG	<b>Triple Jump</b> 2.15 – JB,IG 3.15 – IB,SG,SB