

GHAC Day One - Mohawk Sports Park

Track			Field	
10:00	2000m Steeplechase	Final	10:00	MG High Jump
	OG *note OG-2000m OB			JG Javelin
10:30	100m	Heats		SG Long Jump
	MG MB JG JB SG SB VI II Amb		11:00	MB Long Jump
12:30	Sprint Hurdles	Final		JB Javelin
	MG80m JG80m SG100m			SB High Jump
	MB100m JB100m SB110m		12:15	MG Javelin
1:15	100m	Semi-Final		JG Long Jump
	MG MB JG JB SG SB			SG High Jump
1:45	1500m	Final	1:15	MB High Jump
	MG MB JG JB SG SB			JB Long Jump
2:45	400m	Timed		SB Javelin
	MG MB JG JB SG SB	Sections	2:15	MG Long Jump
3:45	100m	Final		JG High Jump
	MG MB JG JB SG SB			SG Javelin
			3:15	MB Javelin
				JB High Jump
				SB Long Jump

GHAC Day Two - Mohawk Sports Park

Track			Field	
10:00	3000m	Final	10:00	MG Shot Put
	SG SB			JG Triple Jump
10:45	200m	Heats		SG Discus
	MG MB JG JB SG SB WC		11:00	MB Shot Put
11:45	4 x 100m Relay	Timed		JB Triple Jump
	MG MB JG JB SG SB	Sections		SB Discus
12:45	800m	Timed	12:15	MG Triple Jump
	MG MB JG JB SG SB VI II Amb	Sections		JG Discus
1:45	200m	Semi-Final		SG Shot Put
	MG MB JG JB SG SB		1:15	MB Triple Jump
2:15	Intermediate Hurdles	Timed		JB Discus
	MG300m JG300m SG400m	Sections		SB Shot Put
	MB300m JB300m SB400m		2:30	MG Discus
3:00	3000m	Final		JG Shot Put
	JG JB			SG Triple Jump
3:30	200m	Final	3:30	MB Discus
	SG SB JG JB MG MB *ORDER			JB Shot Put
4:00	3000m	Final		SB Triple Jump
	MG MB			
4:30	4 X 400m	Timed		
	OG OB	Sections		

* We will run up to 30 min ahead. * Laned events with 8 or fewer competitors will be run as finals at the heat time.