



RACING AT THE NEXT LEVEL

PROPOSED TIMETABLE OF EVENTS

<u>Event:</u>	<u>Time:</u>
400m Hurdles/80/100/110 Hurdles	11:30am*
100m	12:15pm
800m	1:00pm
200m	1:45pm
1500m	2:30pm
400m/300m	3:05pm
5000/3000m	3:45pm**

*400m Hurdles ONLY at Bromley 6th July & 17th August. 80/100/110m Hurdles ONLY at Ashford.

**5000m at Ashford 27th April & Bromley 6th July. 3000m at Ashford 1st June & Bromley 17th August

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