

## D Yvette Williams South Island Combined Events 16-17<sup>th</sup> November

<i>Time</i>	<i>Decathlon</i>	<i>Heptathlon</i>	<i>Octathlon</i>	<i>interclub</i>
11 am	100m		100m	
10:30 am				Triple J
11:45 am		Hurdles		
12 noon	Long J		Jav	
12:40pm		High J		100m
12:45 pm				Shot
1:10 pm	Shot		Pole V	800m/PV
2 pm		Shot		Disc
2:30 pm	High J			NESS CUP 1mile
3 pm				Jav
3:10 pm		200m		200m
3:30 pm				
4 pm	400m		300m	
<i>SUNDAY</i>				
9:10 am	Hurdles		Hurdles	Hammer
9:20 am		Long J		Short Hurdles
9:40 am	Discus		Discus	
10:40 am		Jav		3,000m
11:00 am	Pole V		Long J	
11:20 am				60m
12:00 noon		800/600m		Long J/400m
12:15 am			1,000m	
12:45 pm	Jav			Long H
1:45 pm	1500m			