

### Single Match - Southern Men's League

Track		Field	
time	event	time	event
		<b>2.30</b>	High Jump Long Jump
<b>3.00</b>	300m Hurdles 400m Hurdles		Pole Vault Hammer
<b>3.15</b>	100m		
<b>3.30</b>	800m	<b>3.30</b>	Shot Putt Javelin
	75m Hurdles 80m Hurdles		
<b>3.40</b>	5000m	<b>3.45</b>	Triple Jump
	100m Hurdles 3000m		
<b>4.00</b>	400m		
<b>4.15</b>	110m Hurdles		
<b>4.30</b>	200m	<b>4.30</b>	Discus
<b>4.45</b>	1500m		
<b>5.00</b>	4 x 100m Relay		
<b>5.10</b>	3000m Steeplechase		
<b>5.30</b>	4 x 400m Relay		

### Double Match - Southern Men's League

Track		Field	
time	event	time	event
		<b>1.00</b>	Pole Vault (Both) Hammer (1) Shot Putt (2)
		<b>1.30</b>	Long Jump (1)
		<b>1.45</b>	Hammer (2)
		<b>2.00</b>	Shot Putt (1) High Jump (Both)
<b>2.15</b>	300m Hurdles 400m Hurdles	<b>2.30</b>	Long Jump (2) Javelin (1)
<b>2.35</b>	100m		
<b>2.50</b>	800m		
	75m Hurdles 80m Hurdles		
<b>3.10</b>	5000m	<b>3.15</b>	Javelin (2)
	100m Hurdles 3000m		
<b>3.30</b>	400m	<b>3.30</b>	Triple Jump (1)
<b>3.45</b>	110m Hurdles	<b>4.00</b>	Discus (1)
<b>4.05</b>	200m		
<b>4.20</b>	1500m	<b>4.30</b>	Triple Jump (2)
<b>4.40</b>	4 x 100m Relay	<b>4.45</b>	Discus (2)
<b>5.00</b>	3000m Steeplechase		
<b>5.30</b>	4 x 400m Relay		