

Vern Curnow Shield Programs

**Please note that the Vern Curnow nights will be on:
Tuesday 19th December - Program 1,
Tuesday 9 January 2018 - Program 2,
Tuesday 16th January 2018 - Program 3**

Program '1'

6.00pm 100 Metres

Men and Women— All Ages

6.15pm Javelin

Men and Women— All Ages

6.30pm 400 Metres

Men and Women— All Ages

6.45pm Long Jump

Men and Women— All Ages

7.00pm 3000/5000 Metres / 3000 Metres Walk

Men and Women— All Ages

7.00pm Shot Put

Men and Women—All Ages

Program '2'

6.00pm 200 Metres

Men and Women— All Ages

6.15pm Discus

Men and Women— All Ages

6.30pm 1500 Metres / 1500 Metres Walk

Men and Women— All Ages

6.45pm Triple Jump

Men and Women— All Ages

7.00pm 80-110 Metre Hurdles

Men and Women— All Ages

Program '3'

6.00pm 100 Metres

Men and Women— All Ages

6.15pm 800 Metres

Men and Women— All Ages

6.15pm High Jump

Men and Women— Selected Ages

6.45pm 200/400 Metre Hurdles

Men and Women—All Ages

6.45pm Hammer Throw

Men and Women— All Ages

7.15pm 2000 Metres / 2000 Metres Walk

Men and Women— All Ages

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