

PinoyAthletics Pangasinan Allcomers #4			
DECEMBER 4 @LINGAYEN SCHEDULE			
DRAFT SCHEDULE rev 5			
6:00 AM	2K Walk Female	2+7Y	
6:30 AM	2K Walk Male	3+2Y	
7:00 AM	Long Jump Female	9	3 Jumps
7:00 AM	3000M Female	2F+3Y	
7:20 AM	3000M Boys	7Y	
7:35 AM	3000M Men	7M	
7:40 AM	Long Jump Male	8+5Y	3 Jumps
8:00 AM	100M Youth Girls (Heat 1)	5	
8:05 AM	100M Youth Girls (Heat 2)	5	
8:10 AM	100M Women	7F	
8:15 AM	100M Youth Boys (Heat 1)	7	
8:20 AM	100M Youth Boys (Heat 2)	6	
8:25 AM	100M Youth Boys (Heat 3)	6	
8:30 AM	High Jump Male	4M	1.30, 1.35, 1.40, 1.45, 1.50, 1.53 etc
8:30 AM	100M Men (Heat 1)	6M	
8:35 AM	100M Men (Heat 2)	5M	
9:00 AM	200M Youth Girls	6Y	
9:05 AM	200M Women	5W	
9:10 AM	200M Youth Boys (Heat 1)		
9:15 AM	200M Youth Boys (Heat 2)		
9:20 AM	200M Youth Boys (Heat 3)		
9:25 AM	200M Men (Heat 1)		
9:30 AM	200M Men (Heat 2)		
9:30 AM	High Jump Female	4W	1.20, 1.25, 1.30, 1.33 etc
9:40 AM	800M Women Combined	5W + 4Y	
9:50 AM	800M Youth Boys (Heat 1)	8	
10:00 AM	800M Youth Boys (Heat 2)	7	
10:10 AM	800M Men Open	10M	
10:20 AM	4x100 Womens Combined	3W + 2Y	
10:30 AM	4x100 Mens Combined	4M + 2Y	
2:00 PM	Triple Jump Womens Combined	6W + 3Y	3 Jumps
2:00 PM	400M Womens Combined	4W + 4Y	
2:10 PM	400M Youth Boys (Heat 1)		
2:20 PM	400M Youth Boys (Heat 2)		
2:30 PM	400M Men Open		
3:00 PM	1500M Womens Combined	2F + 4Y	
3:00 PM	Triple Jump Mens Combined	6M + 3Y	3 Jumps
3:10 PM	1500M Youth Boys	13	
3:20 PM	1500M Men Open	8	
4:00 PM	4x400 Women		
4:00 PM	Shotput Women (4kg)	4	3 Throws

		Shotput Youth Men (5kg)	4	3 Throws
		Shotput Open Men (7.26kg)	5	3 Throws
	4:10 PM	4x400 Men		