

PinoyAthletics Pangasinan Allcomers #4

JANUARY 29 @LINGAYEN SCHEDULE

	6:00 AM	3K Walk Female Combinded				
	6:30 AM	3K Walk Male Combinded				
	6:30 AM	Long Jump Female Combinded				
	7:00 AM	3000M Female Combinded				
	7:10 AM	Long Jump Male Combinded				
	7:20 AM	3000M Male Combinded				
	8:00 AM	100M Youth Girls (Heat 1)				
	8:05 AM	100M Youth Girls (Heat 2)				
	8:10 AM	100M Women				
	8:15 AM	100M Youth Boys (Heat 1)				
	8:20 AM	100M Youth Boys (Heat 2)				
	8:30 AM	High Jump Male Combinded	1.30m Starting Height increases of 5cm until 1.50m then increases of 3cm			
	8:25 AM	100M Men (Heat 1)				
	8:30 AM	100M Men (Heat 2)				
	8:35 AM	100M Men (Heat 3)				
	8:55 AM	200M Youth Girls (Heat 1)				
	9:00 AM	200M Youth Girls (Heat 2)				
	9:05 AM	200M Women				
	9:10 AM	200M Youth Boys (Heat 1)				
	9:15 AM	200M Youth Boys (Heat 2)				
	9:20 AM	200M Men (Heat 1)				
	9:25 AM	200M Men (Heat 2)				
	9:30 AM	High Jump Female Combinded	1.00m Starting Height increase of 5cm until 1.20m then increase of 3cm			
	9:40 AM	800M Women Combinded				
	9:50 AM	800M Youth Boys				
	10:00 AM	800M Men Open				
	10:10 AM	4x100 Womens Combinded				
	10:20 AM	4x100 Boys				

		4x100 Mens				
	2:00 PM	Javelin Womens, Boys, Men				
	3:00 PM	Triple Jump Womens Combinded	3 Jumps			
	3:00 PM	400M Youth Girls				
	3:10 PM	400M Women				
	3:20 PM	400M Youth Boys (Heat 1)				
	3:30 PM	400M Youth Boys (Heat 2)				
	3:40 PM	400 Men Open (Heat 1)				
	3:50 PM	400 Men Open (Heat 2)				
	4:00 PM	1500M Youth Boys				
	4:00 PM	1500M Womens Combinded				
	4:10 PM	Triple Jump Mens Combinded	3 Jumps			
	4:20 PM	1500M Men Open				
	5:00 PM	4x400 Women Combinded				
	5:00 PM	Shotput Women (4kg)	3 Throws			
		Shotput Youth Men (5kg)	3 Throws			
		Shotput Open Men (7.26kg)	3 Throws			
	5:10 PM	4x400 Boys				
		4x400 Mens				