



**SUMMER**



**CITC**

**SHOWDOWN**

### **ORDER OF EVENTS**

- **SMR 7-18**
- **3000 M 11-18**
- **HURDLES 5-18**
  - **100 M 5-18**
  - **1500 M 7-18**
  - **400 M 7-18**
  - **800 M 7-18**
  - **200 M 5-18**
  - **4x400 7-18**

### **FIELD EVENTS**

- **HAMMER 15-18**
- **TURBO HAMMER 9-14**
  - **SHOT PUT 5-18**
  - **JAVELIN 11-18**
- **TURBO JAVELIN 7-10**
  - **DISCUS 11-18**
  - **HIGH JUMP 7-18**
  - **LONG JUMP 5-18**
  - **TRIPLE JUMP 13-18**
  - **STANDING TRIPLE 9-12**