



Cardiff Met Athletics Christmas Classic

MetCaerdydd
Cardiff Met
CHWARAEON ISPORT

12.00	60 Hurdles	Men	11.00	Triple Jump	Women
12.20	3km Walk	All	11.30	Pole Vault	Women
12.40	60 Hurdles	Women	12.30	Triple Jump	Men
12.50	3000m	All - Graded	13.00	Shot	Men
14.35	300m	Women	13.50	Long Jump	Women
14.50	300m	Men	14.00	High Jump	Men
15.20	60m	Women	14.00	High jump	Women
15.45	60m	Men	14.30	Pole Vault	Men
16.15	600m	Men	15.00	Shot	Women
16.35	600m	Women	15.30	Long Jump	Men
16.55	60m	Santa's			
17.00	60m FINAL	Men			
17.05	60m FINAL	Women			

Horizontal Jumps and Shot
4 Trials - top 6 get additional 2 trials