

GRAND SLAM TRACK™ KIN

GRAND SLAM TRACK KINGSTON

ALL TIMES LOCAL

Day 1 -- Friday, April 4

Start	Event	M/W	Group
17:42	200m	W	Long Sprints
17:54	400m	M	Long Sprints
18:04	3000m	W	Long Distance
18:21	800m	W	Short Distance
18:34	400m H	M	Long Hurdles
18:46	400m H	W	Long Hurdles
18:56	5000m	M	Long Distance
19:21	100m	M	Short Sprints

Day 2 -- Saturday, April 5

Start	Event	M/W	Group
17:42	110m H	M	Short Hurdles
17:56	200m	M	Long Sprints
18:08	1500m	W	Short Distance
18:25	100m H	W	Short Hurdles
18:38	100m	W	Short Sprints
18:52	1500m	M	Short Distance
19:07	200m	M	Short Sprints
19:21	400m	W	Long Sprints

Day 3 -- Sunday, April 6

Start	Event	M/W	Group
14:42	100m	W	Short Hurdles
14:54	400m	M	Long Hurdles
15:04	5000m	W	Long Distance
15:29	100m	M	Short Hurdles
15:39	800m	M	Short Distance
15:49	3000m	M	Long Distance
16:08	200m	W	Short Sprints
16:21	400m	W	Long Hurdles