**Hand timing**

The times listed are direct from the stop watch. Record the Official hand time.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **1st watch** | **2nd watch** | **3rd watch** | **Official time** |
| 110m Hurdles | 13.23 | - | 13.34 |  |
| 400m Hurdles | 48.21 | 48.22 | 48.23 |  |
| 100m | 10.13 | 10.16 | 10.21 |  |
| 200m | 21.61 | 21.72 | - |  |
| 400m | 46.92 | 47.01 | - |  |
| 800m | 2:01.23 | 2:01.43 | 2:01.23 |  |
| 1500m | 3:13.7 | 3:14.4 | 3:13.5 |  |
| 20km | 46:38.4 | 47:01.6 | 46:37.1 |  |