

Saturday 10 TH July 2010					
Track				Field	
11.45				11.45	Hammer Women
12.40	5,000m Walk	Women	F		
13.15	400m Hurdles	Men	H	12.00	Long Jump Women
13.30	200m	Women	H	12.30	Pole Vault Women
13.40	200m	Men	H	13.15	Shot Putt Men
14.00	3000m S/C	Women	F	14.00	Discus Women
14.15	800m	Women	H	14.50	High Jump Men
14.25	800m	Men	H		
14.50	10,000m (Team)*	Men	F	15.00	Triple Jump Women
15.25	200m	Women	F	15.30	Discus (Paralympics) Men & Women
15.35	200m	Men	F	15.45	Javelin Women
15.45	3000m Junior	Women	F	16.20	35lbs Height Jun/ U23 Men
16.00	1500m	Men	H	16.20	56lbs Height Men
16.25	5,000m	Women	F		
16.50	110m Hurdles	Men	H	17.30	Club (Paralympics) Men & Women
17.00	400m	Women	H		
17.10	400m	Men	H		
17.20	1500m	Women	H		
SUNDAY 11 TH JULY 2010					
Track				Field	
11.30	100m	Men	H		
12.00	10,000m Walk	Men	F	10.30	Hammer Men
13.10	100m Hurdles	Women	F		
13.25	110m Hurdles	Men	F	12.00	Pole Vault Men
13.30	3000m S/C	Men	F		
13.45	800m	Women	F	12.30	Long Jump Men
13.55	800m	Men	F	13.00	Discus Men
14.05	100m	Paralympics	F		
14.15	100m	Women	S/F	13.15	Shot Putt Women
14.25	100m	Men	S/F	14.00	Javelin (Paralympics) Men & Women
14.35	5000m	Men	F	14.30	High Jump Women
15.00	400m Hurdles	Women	F	15.00	Triple Jump Men
15.10	400m Hurdles	Men	F	15.00	Javelin Men
15.20	400m	Women	F	15.15	56lbs Distance Men
15.30	400m	Men	F	15.50	Shot Putt Men & Women (Paralympics)
15.40	3000m Junior	Men	F		
15.55	100m	Women	F		
16.05	100m	Men	F		
16.15	1500m	Women	F		
16.25	1500m	Men	F		

This timetable may be subject to change. Please be alert. In the event of heats proving to be unnecessary Finals at Final Time