



**NORTHERN IRELAND & ULSTER
OPEN TRACK AND FIELD CHAMPIONSHIPS
In Conjunction with the UK Challenge**



**SATURDAY 16 JUNE 2007,
ANTRIM FORUM**



TIMETABLE OF EVENTS

11.30 am	3000m Walk Final	(M & W)	11.30am	Pole Vault	(W)
11.50 am	200m Heats	(W)		Hammer	(M)
				High Jump	(W)
				Triple Jump	(M)
12.00 noon	200m Heats	(M)			
12.10 pm	100m H Final	(W)			
12.10 pm	110m H Final	(M)			
12.30 pm	400m Heats	(M)	12.30pm	Discus	(W)
12.40pm	800m Heats	(M)			
12.50pm	5000m Final	(W)			
1.15pm	400m H Final	(W)	1.00pm	Triple Jump	(W)
1.25pm	200m Final	(W)			
1.35pm	3000m Steeplechase Final	(W)	1.30pm	Discus	(M)
2.05pm	Primary School Mile Run		2.00pm	Pole Vault	(M)
2.15pm	200m Final	(M)		High Jump	(M)
2.30pm	400m H Final	(M)	2.30pm	Long Jump	(M)
				Javelin	(W)
2.45pm	3000m Steeplechase Final	(M)			
3.05pm	100m Heats	(W)			
3.15pm	100m Heats	(M)			
3.30pm	1500m Final	(W)	3.20pm	Javelin	(M)
3.40pm	1500m Final	(M)		Shot	(W)
3.50pm	400m Final	(W)	3.40pm	Long Jump	(W)
4.00pm	400m Final	(M)			
4.10pm	5000m Final	(M)	4.10pm	Shot	(M)
4.35pm	100m Final	(W)		Hammer	(W)
4.45pm	100m Final	(M)			
4.55pm	800m Final	(W)			
5.05pm	800m Final	(M)			