

Saturday 21st July 2007

Track				Field	
12.00				12.00 Hammer	Women
13.10	5,000m Walk	Women	F	13.00 Pole Vault	Women
13.45	400m Hurdles	Men	H	13.30 Shot Putt	Men
14.00	200m	Women	H	13.30 Triple Jump	Women
14.15	200m	Men	H		
14.35	3000m S/C	Women	F	14.30 Discus	Women
14.50	800m	Women	H		
15.00	800m	Men	H		
15.20	10,000m (Team)	Men	F	14.50 High Jump	Women
15.50	200m	Women	F	15.00 Long Jump	Men
16.00	200m	Men	F	15.30 Javelin	Women
16.10	3000m S/C	Men	F	16.20 35lbs Height	Jun/ U23 Men
16.25	1500m	Men	H	16.20 56lbs Height	Men
16.50	110m Hurdles	Men	H		
17.00	400m	Women	H		
17.10	400m	Men	H		

Sunday 22nd July 2007

Track				Field	
11.00				11.00 Hammer	Men
11.30	10,000m Walk	Men	F		
12.45	100m	Women	H	13.00 Pole Vault	Men
12.55	100m	Men	H		
13.15	5000m	Women	F	13.20 Shot Putt	Women
13.35	800m	Women	F	13.20 Discus	Men
13.45	800m	Men	F	13.30 Long Jump	Women
13.55	5000m	Men	F		
14.15	400m	Women	F	14.00 High Jump	Men
14.25	400m	Men	F		
14.35	100m	Women	F		
14.45	100m	Men	F		
14.55	1500m	Women	F		
15.05	1500m	Men	F	14.45 Javelin	Men
15.15	110m Hurdles	Men	F		
15.25	100m Hurdles	Women	F		
15.35	Introduction to 1977 Champions				
15.55	3000m Junior	Men	F	15.20 Triple Jump	Men
16.05	400m Hurdles	Men	F	15.20 56lbs Distance	Men
16.15	400m Hurdles	Women	F		

- Please note change of times for Sprint Hurdles & 400m

This timetable may be subject to change. Please be alert. In the event of heats proving to be unnecessary, finals will be held at FINAL TIMES