



**Saturday 6<sup>th</sup> August 2011**

Track				Field	
12.00				12.00	Hammer Women
12.40	5,000m Walk	Women	F	12.30	Pole Vault Women
13.15	400m Hurdles	Men	H	12.45	Triple Jump Men
13.30	200m	Women	H		
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	15.00	Long Jump Women
14.50	10,000m (Team)*	Men	F	15.30	Paralympic Discus Men & Women
15.25	200m	Women	F	15.20	35lbs Height Jun/ U23 Men
15.35	200m	Men	F	15.20	56lbs Height Men
15.45	3000m Junior	Women	F	15.45	Javelin Women
16.00	1500m	Men	H	17.30	Paralympic Club Men & Women
16.25	5,000m	Women	F		
16.50	110m Hurdles	Men	H		
17.00	400m	Women	H		
17.10	400m	Men	H		
17.20	1500m	Women	H		

**Sunday 7<sup>th</sup> August 2011**

Track				Field	
11.00				10.30	Hammer Men
11.30	10,000m Walk	Men	F	12.00	Pole Vault Men
12.40	400m Hurdles	Women	F	12.30	Long Jump Men
12.55	400m Hurdles	Men	F	13.00	Discus Men
13.00	3000m S/C	Men	F	13.15	Shot Putt Women
13.15	800m	Women	F		
13.25	800m	Men	F		
13.35	100m	Paralympic	F	14.00	Paralympic Javelin Men & Women
13.45	100m	Women	S/F	14.30	High Jump Women
13.55	100m	Men	S/F	15.00	Triple Jump Women
14.05	5000m	Men	F	15.00	Javelin Men
14.30	100m Hurdles	Women	F		
14.40	110m Hurdles	Men	F	15.15	56lbs Distance Men
14.50	400m	Women	F	15.50	Paralympic Shot Men & Women
15.00	400m	Men	F		
15.10	3000m Junior	Men	F		
15.25	100m	Women	F		
15.35	100m	Men 'A'	F		
15.45	100m	Men 'B'	F		
15.55	1500m	Women	F		
16.05	1500m	Men	F		

**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 Time**