

**Saturday 10<sup>TH</sup> July 2010**

Track				Field		
11.45				11.45	Hammer	Women
12.40	5,000m Walk	Women	F	12.00	Long Jump	Women
13.15	400m Hurdles	Men	H	12.30	Pole Vault	Women
13.30	200m	Women	H	13.15	Shot Putt	Men
13.40	200m	Men	H	14.00	Discus	Women
14.00	3000m S/C	Women	F	14.50	High Jump	Men
14.15	800m	Women	H	15.00	Triple Jump	Women
14.25	800m	Men	H	15.30	Discus (Paralympics)	Men & Women
14.50	10,000m (Team)*	Men	F	15.45	Javelin	Women
15.25	200m	Women	F	16.20	35lbs Height	Jun/ U23 Men
15.35	200m	Men	F	16.20	56lbs Height	Men
15.45	3000m Junior	Women	F	17.30	Club (Paralympics)	Men & Women
16.00	1500m	Men	H			
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 11<sup>TH</sup> JULY 2010**

Track				Field		
11.30	100m	Men	H	10.30	Hammer	Men
12.00	10,000m Walk	Men	F	12.00	Pole Vault	Men
13.10	100m Hurdles	Women	F	12.30	Long Jump	Men
13.25	110m Hurdles	Men	F	13.00	Discus	Men
13.30	3000m S/C	Men	F	13.15	Shot Putt	Women
13.45	800m	Women	F	14.00	Javelin (Paralympics)	Men & Women
13.55	800m	Men	F	14.30	High Jump	Women
14.05	100m	Paralympics	F	15.00	Triple Jump	Men
14.15	100m	Women	S/F	15.00	Javelin	Men
14.25	100m	Men	S/F	15.15	56lbs Distance	Men
14.35	5000m	Men	F	15.50	Shot Putt (Paralympics)	Men & Women
15.00	400m Hurdles	Women	F			
15.10	400m Hurdles	Men	F			
15.20	400m	Women	F			
15.30	400m	Men	F			
15.40	3000m Junior	Men	F			
15.55	100m	Women	<b>F</b>			
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**