

PROVISIONAL TIMETABLE

TRACK

FIELD

10.00	60m	Heats
11.20	1500	Heats
11.55	400m	Heats
13.15	60m	Finals
BREAK		
13.55	3000m Walk	Women(Final)
14.15	3000m Walk	Men(Final)
14.35	1500m	Finals
14.55	200m	Heats
16.05	800m	Heats
16.35	60mH	Heats
17.05	200m	Finals
17.20	800m	Finals
17.35	400m	Finals
17.50	60mH	Finals

11.00	Long Jump	Junior & U23 Women
11.00	Shot Putt(6k)	Junior Men
11.15	Pole Vault	Junior & U23 Men
12.00	High Jump	Junior & U23 Women
12.30	Shot Putt(7.26k)	U23 Men
13.00	Triple Jump	Junior & U23 Men
13.30	Shot Putt	Junior & U23 Women
14.00	Pole Vault	Junior & U23 Women
14.30	High Jump	Junior & U23 Men
15.00	35lb Distance	Junior & U23 Men
15.15	Long Jump	Junior & U23 Men
16.30	Triple Jump	Junior & U23 Women

Please Note: If Heats are unnecessary Finals will be held at Heat Times
Order: Women followed by Men, Junior followed by U23