

THE GLOHEALTH

SENIOR TRACK & FIELD CHAMPIONSHIPS

SAT.8TH AND SUN. 9TH OF AUGUST

MORTON STADIUM SANTRY.



Saturday 8th August

13.00	3000m Junior	Women F	10.30	Paralympic Discus	
13.15	5000m Walk	Women F	11.30	Paralympic Club	
13.45	3000m Junior	Men F	12.30	Paralympic Javelin	
14.00	400mH	Men H	13.30	Paralympic Shot	
14.10	3000m S/C	Women F			
14.25	200m	Women H	13.30	Hammer	Men
14.40	200m	Men H	14.00	Triple Jump	Women
15.10	800m	Women H	15.30	Triple Jump	Men
15.25	800m	Men H			
15.40	10,000m	Men F	15.00	Discus	Women
16.00	100m	Women H	16.15	Javelin	Women
16.20	100m	Men H	17.15	Javelin	Men
16.40	100m Wheelchair	Men F	17.00	35 lb Height	Men
16.50	1500m	Men H	17.00	56 lb Height	Men
17.20	5000m	Women F			
17.45	400m	Women H			
18.00	400m	Men H			
18.20	400m Wheelchair	Men F			
18.30	1500m	Women H			
18.45	4X100	Women F			
18.55	4X100	Men F			

Sunday 9th August

11.30	100mh	Women Semi			
11.45	110mh	Men Semi			
12.00	5000m Race 1	Men Times			
12.40	10,000m Walk	Men F	12.15	Pole Vault	Women
13.35	5000m Race 2	Men Times	12.30	Long Jump	Women
14.00	400mh	Women F	12.30	High Jump	Women
14.10	400mh	Men F	12.45	Hammer	Women
14.20	800m	Women F			
14.30	800m	Men F	13.00	Shot Put	Men
14.40	100m	Women F			
14.50	100m	Men F	14.15	Pole Vault	Men
15.00	100m	Men B F			
15.10	3000m S/C	Men F	14.30	High Jump	Men
15.30	100mH	Women F	14.30	Long Jump	Men
15.40	110m h	Men F			
15.50	400m	Women F	14.45	Discus	Men
16.00	400m	Men F	14.45	Shot Put	Women
16.10	200m	Women F			
16.20	200m	Men F			
16.30	1500m	Women F			
16.40	1500m	Men F	16.15	56lb Distance	Men
16.50	4 x 400m	Women F			
17.00	4 x 400m	Men F			

