



TIMETABLE



TRACK

FIELD

10.00	60m	Heats	11.00	Long Jump	Junior & U23 Women
11.00	1500m	Finals	11.00	Shot Put(6k)	Junior Men
11.40	400m	Heats	11.15	Pole Vault	Junior & U23 Men
13.05	60m	Finals	12.00	High Jump	Junior & U23 Women
BREAK			12.30	Triple Jump	Junior & U23 Men
13.50	3000m Walk	Finals	12.30	Shot Put(7.26k)	U23 Men
14.40	200m	Heats	13.30	Shot Put	Junior & U23 Women
16.05	800m	Heats	14.00	Pole Vault	Junior & U23 Women
16.45	60mH	Heats	14.00	35lb Distance	Junior & U23 Men
17.15	200m	Finals	14.30	High Jump	Junior & U23 Men
17.35	400m	Finals	15.30	Long Jump	Junior & U23 Men
17.55	800m	Finals	16.45	Triple Jump	Junior & U23 Women
18.00	60mH	Finals			

***Timetable updated Wed 24th Jan**

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