

TIMETABLE

TRACK

FIELD

10.00	60m	Heats
11.00	1500m	Finals
11.40	400m	Heats
13.05	60m	Finals
BREAK		
13.50	3000m Walk	Finals
14.40	200m	Heats
16.05	800m	Heats
16.45	60mH	Heats
17.15	200m	Finals
17.35	400m	Finals
17.55	800m	Finals
18.00	60mH	Finals

11.00	Long Jump	Junior & U23 Women
11.00	Shot Put(6k)	Junior Men
11.15	Pole Vault	Junior & U23 Men
12.00	High Jump	Junior & U23 Women
12.30	Triple Jump	Junior & U23 Men
12.30	Shot Put(7.26k)	U23 Men
13.30	Shot Put	Junior & U23 Women
14.00	28lbs Distance	Junior & U23 Women
14.00	Pole Vault	Junior & U23 Women
14.00	35lb Distance	Junior & U23 Men
14.30	High Jump	Junior & U23 Men
15.30	Long Jump	Junior & U23 Men
16.45	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