

Athletes check- in (90 minutes) prior to their event

Track

**Track Athletes to the call room
(20 minutes) Prior to their Event
Finals if Heats not Required at Heat Time**

10:00	3000mW	Women	Final
10:20	5000mW	Men	Final
10:50	400mH	Women	Final
11:05	400mH	Men	Final
11:25	100m	Women	Heats
11:45	100m	Men	Heats
12:20	800m	Women	Heats
12:30	800m	Men	Heats
12:45	3000mSC	Women	Final
13:05	100m	Women	Final
13:10	100m	Men	Final
13:20	3000mSC	Men	Final
14:00	400m	Women	Heats
14:15	400m	Men	Heats
14:40	1500m	Women	Final
14:55	1500m	Men	Final
15:10	200m	Women	Heats
15:35	200m	Men	Heats
16:05	5000m	Women	Final
16:25	100mH	Women	Heats
16:40	110mH	Men	Heats
16:55	400m	Women	Final
17:05	400m	Men	Final
17:15	5000m	Men	Final
17:45	800m	Women	Final
17:50	800m	Men	Final
17:55	200m	Women	Final
18:05	200m	Men	Final
18:15	100mH	Women	Final
18:20	4x100m	Women	Final
18:30	4x100m	Men	Final
18:40	4x400m	Men	Final
18:45	4x400m	Men	Final

Field

**Field Athletes to the call room prior to event
High Jump (50 Minutes)
Pole Vault (70 Minutes)
All other Field (40 Minutes)**

10:00	Long Jump	U23 Men
11:30	Long Jump	U20 Men
13:30	Long Jump	Women
15:30	Triple Jump	Men
16:50	Triple Jump	Women
10:30	Shot Put	Women
12:00	Shot Put	Men
10:40	Hammer	Men
12:10	Hammer	Women
14:20	Discus	Men
15:50	Discus	Women
14:30	Javelin	Women
16:00	Javelin	Men
11:00	High Jump	Women
12:50	High Jump	Men
14:15	Pole Vault	Women
11:15	Pole Vault	Men
14:00	Weight	Men
15:20	Weight	Women

Please note that this is a
PROVISIONAL TIMETABLE
which may be changed.

U20 3000m with AAI
Games on 16th July

Order of Competition is U20 follow by U23