

PROVISIONAL TIMETABLE

UPDATED : 21/06/2016

Saturday 25th June

15:00	5000m	Walk Women	F			
15:30	3000m	Junior Men	F	14:50	Hammer	Men
15:45	400mH	Women	H			
15:55	400mH	Men	H			
16:05	3000m S/C	Men	F	15:20	Triple Jump	Women
16:20	200m	Women	H			
16:30	200m	Men	H			
16:50	800m	Women	H			
17:05	800m	Men	H			
17:35	10000m	Men	F	16:30	Discus	Women
18:15	200m	Women	F	17:00	Triple Jump	Men
18:25	200m	Men	F	18:05	Javelin	Women
				18:30	35 lb Height	Men
18:35	1500m	Men	H	18:30	56 lb Height	Men
19:00	5000m	Women	F	19:35	Javelin	Men
19:25	400m	Women	H			
19:40	400m	Men	H			
20:10	1500m	Women	H			
20:25	4 X 100m	Women	F			
20:35	4 X 100m	Men	F			

Sunday 26th June

11:45	110mH	Men	Semi			
12:00	5000m	Race 1 Men	Times	11:50	Pole Vault	Women
12:30	10000m	Walk Men	F	12:20	Long Jump	Women
13:35	5000m	Race 2 Men	Times	12:35	High Jump	Women
14:00	400mH	Women	F	12:45	Hammer	Women
14:10	400mH	Men	F	13:00	Shot Put	Men
14:20	800m	Women	F	14:15	Pole Vault	Men
14:30	800m	Men	F	14:35	Long Jump	Men
14:40	800m	Men(WC)	F	14:45	High Jump	Men
14:50	100m	Women	Semi	15:15	Shot Put	Women
15:00	100m	Men	Semi	15:25	Discus	Men
15:20	3000m S/C	Women	F			
15:40	100mH	Women	F			
15:50	110mH	Men	F			
16:00	400m	Women	F			
16:10	400m	Men	F	16:25	56lb Distance	Men
16:20	100m	Women	F			
16:30	100m	Men	F			
16:40	100m	Men (B)	F			
16:50	1500m	Women	F			
17:00	1500m	Men	F			
17:10	4 X 400m	Women	F			
17:20	4 X 400m	Men	F			