

Pre Programme 3-5.30pm	Main Programme 5-8pm
3.00pm 400m Hurdles Women (8)	5.00pm Long Jump women
3.10pm 400m Hurdles Men (8)	6.00pm Long Jump men
3.25pm 200m Heat 1 Women (8)	5.45pm 400m women B
3.30pm 200m Heat 2 Women (8)	5.50pm 400m men B
3.35pm 200m Heat 3 Women (8)	6pm 400m women A
3.40pm 200m Heat 1 Men (8)	6.05pm 400m men A
3.45pm 200m Heat 2 Men (8)	6.15pm 100m Men A series 1
3.50pm 200m Heat 3 Men (8)	6.20pm 100m Women A series 1
3.55pm 3000m Women (18)	6.25pm 100m Women B series 1
4.15pm 3000m Men (18)	6.30pm 100m Men B series 1
4.30pm 400m Heat 1 Women (8)	6.35pm guest ambulant 100m 🌟 (supported by Para-Athletics Academy)
4.35pm 400m Heat 2 Women (8)	6.45pm 100m Men final series 2 (Ad Astra Academy) 🌟
4.40pm 400m Heat 3 Women (8)	6.55pm 100m Women series 2 🌟
4.45pm 400m Heat 1 Men (8)	7.05 800m Women A 🌟
4.50pm 400m Heat 2 Men (8)	7.15 800m women B
4.55pm 400m Heat 3 Men (8)	7.20 800m men A
5.00pm 100m Heat 1 Women (8)	7.25 800m men B
5.05pm 100m Heat 2 Women (8)	7.35 1500m women B
5.10pm 100m Heat 3 Women (8)	7.45 1500 men B
5.15pm 100m Heat 1 Men (8)	7.55 1500m women A 🌟
5.20pm 100m Heat 2 Men (8)	8.00pm 1500m men A
5.25pm 100m Heat 3 Men (8)	

Women's Pre Programme	Women's Main Programme
100m (24 max) 200m (24 max) 400m (24 max) 400m Hurdles (8 max) 3000m (18 max)	100m (16 max) 13.0 400m (16 max) 58 800m (33 max) 2.19 1500m (32 max) 4.48 Long Jump (8 max)
Men's Pre Programme	Men's Main Programme
100m (24 max) 200m (24 max) 400m (24 max) 400m Hurdles (8 max) 3000m (18 max)	100m (16 max) 10.90 400m (16 max) 51.00 800m (33 max) 1.57 1500m (32 max) 3.58 Long Jump (8 max)