

This event incorporates the following:

National Senior Men & Women 10,000m, Master Men & Women Long Hurdles, Steeplechase & Heavy Hammer

Call Room

20 Minutes before Track Events ----- 40 Minutes before Shot Put / Weight Throw

50 Minutes before Long / Triple Jump ----- 65 Minutes before High Jump ----- 80 Minutes before Pole Vault.

Weigh in Equipment

8:30-11.30am - 13:30-15:00pm

TRACK				SATURDAY DAY 1	FIELD			
12.00	100m H	Women		10.00	Hammer	Men		
	110m H	Men		11.30	Hammer	Women		
13.00	100m H	Women	Series 2	12.00	Discus	Men		
	110m H	Men	Series 2	13.30	Discus	Women		
16.00	10,000m	Women	Senior Champs	16.00	Weight	Women	AAI games	
					Heavy	Women	35-49 (20lb)	Master Champs
16.25	200m	Women			Hammer	Women	50-59 (16lb)	Master Champs
16.50	200m	Men				Women	60-74 (12lb)	Master Champs
						Women	75+ (8.8lb)	Master Champs
17.25	2000m S/C	Women	AAI Games	17.00	Weight	Men	AAI Games	
			Master Champs		Heavy	Men	35-49 (35lb)	Master Champs
17.40	3000m S/C	Men	AAI Games		Hammer	Men	50-59 (25lb)	Master Champs
			Master Champs			Men	60-69 (20lb)	Master Champs
18.20	10,000m	Men	Senior Champs			Men	70-79 (16lb)	Master Champs
						Men	80+ (12lb)	Master Champs

TRACK				SUNDAY DAY 2	FIELD			
11.00	100m	Women	Series 1	11.30	Long Jump	Women		
11.20	100m	Men	Series 1	13.00	Long Jump	Men		
11.50	1500m	Women		10.30	High Jump	Women		
12.00	1500m	Men		11.30	High Jump	Men		
12.20	300m H	Women	50-€ Master Champs					
12.30	300m H	Men	60-79 Master Champs	12.00	Pole Vault	AAI Games Plus Combined Events		
12.40	400m H	Women	AAI Games					
		Women	(35- Master Champs	13.00	Javelin	Women & Men		
12.50	400m H	Men	AAI Games					
		Men	(35-49) Master Champs	13.30	Shot Put	Women & Men		
13.10	100m	Women	Series 2					
13.25	100m	Men	Series 2	14.00	Triple Jump	Women		
14.10	3000m	Women		15.00	Triple Jump	Men		
14.25	3000m	Men						
14.45	800m	Women						
14.55	800m	Men						
15.30	400m	Women						
15.45	400m	Men						