Provisional Timetable

Final timetable will be available when entries close

> **This event incorporates the following:**
> National Senior Men & Women 10,000m
> Master Men & Women Long Hurdles, Steeplechase & Heavy Hammer

Saturday Day 1

TRACK					FIELD			
12.00	100m H	Women	(0.838)		10.00	Hammer	Men	
	110m H	Men	(1.067)		11.00	Hammer	Women	
13.00	100m H	Women	Series 2		12.00	Discus	Men	
	110m H	Men	Series 2		13.00	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					
			Master Champs		17.00	Weight	Men	AAI Games
17.40	3000m S/C	Men	AAI Games			Heavy	Men	35-49 (35lb) Master Champs
			Master Champs			Hammer	Men	50-59 (25lb) 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

Sunday Day 2

TRACK					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						
12.00	1500m	Men			10.30	High Jump	Women	
					11.30	High Jump	Men	
12.20	300m H	Women 50-69	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 (35-49)	Master Champs					
12.50	400m H	Men	AAI Games		13.00	Javelin	Women & Men	
		Men (35-49)	Master Champs					
13.10	100m	Women	Series 2		13.00	Shot Put	Women	
13.25	100m	Men	Series 2		14.00	Shot Put	Men	
14.10	3000m	Women						
14.25	3000m	Men			14.00	Triple Jump	Women	
					15.00	Triple Jump	Men	
14.45	800m	Women						
14.55	800m	Men						
15.30	400m	Women						
15.45	400m	Men						