



4th March National Indoor Arena -Provisional TIMETABLE

MEET DIRECTOR: DAVID MATTHEWS

5.20pm	Masters W60	4 x 400m	
5.30pm	Masters Mixed	4 x 200m	
5.35pm	Masters W&M	200m	
5.45pm	Senior W&M Series 1	60m	
6.05pm	U12 Girls & Boys	60m	6.00pm Pole Vault
6.20pm	U14 Girls & Boys	60m	6.30pm Long Jump Senior
6.25pm	U16 Girls & Boys	60m	6.30pm High Jump
ELITE PROGRAMME (6.35-8.05pm)			
6.35pm	Senior W&M Series 2	60m	
6.55pm	Women Elite A	400m	
7.00pm	Men Elite A	400m	
7.10pm	Women & Men Elite	800m	
7.20pm	Women & Men Elite	1500m	
7.35pm	U12 Girls & Boys	600m	
7.45pm	U14 Girls & Boys	800m	
7.55pm	U16 Girls & Boys	800m	
8.05pm	RELAYS U12/14	4 X 200m	
8.15pm	Masters	1000m	
8.20pm	Senior Women	800m	
8.30pm	Senior Men	800m	
8.40pm	Senior Women	400m	
8.55 pm	Senior Men	400m	
9.05pm	Women & Men Mile		

*PROGRAMME MAY RUN 20mins AHEAD

