

Athletes check- in (90 minutes) prior to their event

Track

Track Athletes to the call room
(20 minutes) Prior to their Event
Finals if Heats not Required at Heat Time

10:00	3000mW	Women	Final
10:20	5000mW	Men	Final
10:50	400mH	Women	Final
11:05	400mH	Men	Final
11:25	100m	Women	Heats
11:45	100m	Men	Heats
12:20	800m	Women	Heats
12:30	800m	Men	Heats
12:45	3000mSC	Women	Final
13:05	100m	Women	Final
13:10	100m	Men	Final
13:20	3000mSC	Men	Final
14:00	400m	Women	Heats
14:15	400m	Men	Heats
14:40	1500m	Women	Final
14:55	1500m	Men	Final
15:10	200m	Women	Heats
15:35	200m	Men	Heats
16:05	5000m	Women	Final
16:25	100mH	Women	Heats
16:40	110mH	Men	Heats
16:55	400m	Women	Final
17:05	400m	Men	Final
17:15	5000m	Men	Final
17:45	800m	Women	Final
17:50	800m	Men	Final
17:55	200m	Women	Final
18:05	200m	Men	Final
18:15	100mH	Women	Final
18:20	4x100m	Women	Final
18:30	4x100m	Men	Final
18:40	4x400m	Women	Final
18:45	4x400m	Men	Final

Order of Competition is U20 follow by U23

Field

Field Athletes to the call room prior to event
High Jump (50 Minutes)
Pole Vault (70 Minutes)
All other Field (40 Minutes)

10:00	Long Jump	U23 Men
11:30	Long Jump	U20 Men
13:30	Long Jump	Women
15:30	Triple Jump	Men
16:50	Triple Jump	Women
10:30	Shot Put	Women
12:00	Shot Put	Men
10:40	Hammer	Men
12:10	Hammer	Women
14:20	Discus	Men
15:50	Discus	Women
14:30	Javelin	Women
16:00	Javelin	Men
11:00	High Jump	Women
12:50	High Jump	Men
14:15	Pole Vault	Women
11:15	Pole Vault	Men
14:00	Weight	Men
15:20	Weight	Women

Please note that this is a
PROVISIONAL TIMETABLE
which may be changed.

U20 3000m with AAI
Games on 16th July