

This is a provisional timetable for entry purposes only, a final timetable will be published on Friday 30th June				
Track				
Event No	Time	Event	Age	Round
	10.00	100m	Sen / U20 / Mas Men CE	CE
	10.12	100m	U17 Men CE	CE
	10.18	100m Hurdles	Sen / U20 / Mas WOM	CE
	10.30	80m Hurdles	U17 Women CE / Mas WOM	CE
	10.45	2000m SC	Open / Masters Women	Final
	11.05	80m Hurdles	U15 Boys CE	CE
	11.10	75m Hurdles	U13 Boys CE	CE
	11.20	100m	Masters Men / Women	Final
	11.40	800m	Masters Men / Women	Final
	12.05	400m Hurdles	Masters Men / Women	Final
	12.15	200m	Masters Men / Women	Final
	12.45	3000m SC	Open / Master Men	Final
Lunch				
	13.45	400m	Masters Men / Women	Final
	14.10	1500m	Masters Men / Women	Final
	15.05	200m	Sen / U20 / Mas WOM CE	CE
	15.15	200m	U17 Women CE	CE
	15.30	800m	U15 Boys CE	CE
	15.45	400m	Sen / U20 Men CE	CE
	15.50	400m	Mas Men / U17 Men CE	CE
	16.00	800m	U13 Boys CE	CE
<p><b>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.</b></p> <p><b>Paralell Success athletes will be placed in appropriate heats according to their seed time.</b></p>				
FIELD				
Event No	Time	Event	Age	
	10.00	Shot Put	U15 Boys CE	
	10.00	High Jump	U13 Boys CE	SH 1m04
	10.00	Hammer	Masters Men / WOM / Para	
	10.50	Long Jump	Sen / U20 / U17 / Mas Men CE	
	11.05	High Jump	Sen / U20 / Mas WOM CE	SH 1m28
	11.30	Javelin	Masters Men / Women	
	11.50	High Jump	U17 Women CE	SH 1m23
	12.00	Shot Put	Sen / U20 / U17 / Mas M CE	
	12.40	Long Jump	Masters Men / Women / Para	
	12.50	Shot Put	U13 Boys CE	
	13.00	High Jump	U15 Boys CE	SH 1m17
	13.00	Discus	Masters Men / Women / Para	
	13.30	Shot Put	Sen / U20 / Mas WOM CE	
	14.00	Long Jump	U13 Boys CE	
	14.15	Discus	Masters Men M35-M70	
	14.15	High Jump	Sen /U20 / U17 / Mas Men CE Pool 2	SH 1m43
			Sen /U20 / U17 / Mas Men CE Pool 1	SH 1m55
	14.20	Shot Put	U17 Women CE	
	14.40	Long Jump	U15 Boys CE	
	15.00	Shot Put	Masters Women / M75+	
	15.30	High Jump	Masters Men / Women	
	15.45	Triple Jump	Masters Men / Women	
	16.00	Shot Put	Masters Men M35-M70 / Para	
Warm Up - Minimum 2 Attempts				
<p><b>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.</b></p> <p><b>Masters - Athletes achieving the Merit Standard will be granted a further 3 attempts</b></p> <p><b>Paralell Success athletes will be placed within the Masters Field Event programme</b></p>				

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Track				
Event No	Time	Event	Age	Round
	10.00	110m Hurdles	Sen / U20 / Mas Men CE / MasM	CE
	10.10	100m Hurdles	U17 Men / Mas Men CE / MasM	CE
	10.15	Sprint Hurdles	Masters M/W	Final
	10.30	5000m	Mas Women	Final
	11.15	75m Hurdles	U15 Girls CE	CE
	11.40	70m Hurdles	U13 Girls CE	CE
	12.05	5000m	Mas Men Heat 1	Timed Final
Lunch				
	13.30	5000m	Mas Men Heat 2	Timed Final
	14.15	5000m	Mas Men Heat 3	Timed Final
	15.00	800m	U17 Women CE	CE
	15.10	800m	Sen / U20 / Mas Women CE	CE
	16.15	800m	U13 Girls CE	CE
	16.25	800m	U15 Girls CE	CE
	16.45	1500m	U17 Men CE	CE
	17.00	1500m	Sen / U20 / Mas Men CE	CE
<b>Hurdles OGM - All athletes will qualify for Round 2 - Additional Heats will be added if necessary.</b>				
FIELD				
Event No	Time	Event	Age	
	10.00	Long Jump	U15 Girls CE	
	10.00	High Jump	U13 Girls CE Pool 1	SH 1m13
		High Jump	U13 Girls CE Pool 2	SH 1m07
	10.45	Discus	Sen / U20 / U17 / Mas Men CE	
	11.00	Long Jump	U17 Women CE	
	11.55	Long Jump	Sen / U20 / Mas Women CE	
	12.15	Pole Vault	Sen / U20 / U17 Mas Men Pool 2	SH 2m21
	12.45	Shot Put	U15 Girls CE	
	12.45	Javelin	U17 Women CE	
	12.30	Long Jump	U13 Girls CE	
	13.45	Javelin	Sen / U20 / Mas Women CE	
	14.15	Pole Vault	Sen / U20 / U17 Mas Men Pool 1	SH 2m91
	14.30	Shot Put	U13 Girls CE	
	14.45	High Jump	U15 Girls CE Pool 2	SH 1m08
		High Jump	U15 Girls CE Pool 1	SH 1m17
	15.15	Javelin	U17 / Mas Men CE	
	16.00	Javelin	Sen / U20 Men CE	
Warm Up - Minimum 2 Attempts				
<b>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.</b> <b>Masters - Athletes achieving the field event Merit Standard will be granted a further 3 attempts</b>				