

TIMETABLE

TIME	U9	U11	U13	U15	U17	U20/SEN
11.00		High Jump	High Jump	High Jump	400m Hurdles (M) Long Jump	400m Hurdles Long Jump
11.05					300m Hurdles (W)	
11.10			1500m	1500m	1500m	1500m
11.25			Sprint Hurdles	Sprint Hurdles	Sprint Hurdles	Sprint Hurdles
11.30			Javelin	Javelin		
12.00	Long Jump	Long Jump	100m	100m	100m	100m
12.30		80m	Discus	Discus	Discus	Discus
12.45	60m					
13.00				300m Long Jump	300m (W)	
13.15					400m (M)	400m
13.30	Shot Putt	Shot Putt	Shot Putt			
14.00		150m	Long Jump		High Jump Javelin	High Jump Javelin
14.15			200m	200m	200m	200m
14.30				Shot Putt		
15.00	600m	600m		Triple Jump	Triple Jump Shot Putt	Triple Jump Shot Putt
15.15			800m	800m	800m	800m
16.00		Relay	Relay	Relay	Relay	Relay

Event times are provisional and subject to change on the day. Please listen for announcements throughout the day.