WOMENS TIMETABLE MENS TIMETABLE						
TIME	AGE GROUP	EVENT		TIME	AGE GROUP	EVENT
13.56	Masters Women	200m		14.05	Masters Men	200m
15.18	Masters Women	1500m		15.25	Masters Men	1500m
TIME	AGE GROUP	EVENT		TIME	AGE GROUP	EVENT
12.00	Senior Women	Shot Putt		13.30	Senior Men	Long Jump
13.30	Senior Women	Long Jump		13.30	Senior Men	High Jump
13.38	Senior Women	200m		13.47	Senior Men	200m
15.15	Senior Women	Javelin		14.00	Senior Men	Discus
15.18	Senior Women	1500m		15.25	Senior Men	1500m
16.45	Senior Women	4 x 100m		16.55	Senior Men	4 x 100m
TIME	AGE GROUP	EVENT		TIME	AGE GROUP	EVENT
12.21	Under 11 Girls	150m		12.00	Under 11 Boys	Long Jump
14.19	Under 11 Girls	800m		12.30	Under 11 Boys	150m
14.45	Under 11 Girls	Long Jump		14.27	Under 11 Boys	800m
15.30	Under 11 Girls	4 x 100m		15.40	Under 11 Boys	4 x 100m
TIME	AGE GROUP	EVENT		TIME	AGE GROUP	EVENT
11.30	Under 13 Girls	70mH		11.53	Under 13 Boys	75mH
12.44	Under 13 Girls	200m		12.00	Under 13 Boys	Discus
14.35	Under 13 Girls	800m		12.45	Under 13 Boys	High Jump
15.00	Under 13 Girls	Shot Putt		12.53	Under 13 Boys	200m
15.00	Under 13 Girls	High Jump		14.45	Under 13 Boys	Long Jump
15.30	Under 13 Girls	Discus		14.46	Under 13 Boys	1500m
15.50	Under 13 Girls	4 x 100m		16.00	Under 13 Boys	4 x 100m
TIME	AGE GROUP	EVENT		TIME	AGE GROUP	EVENT
11.44	Under 15 Girls	75mH		12.00	Under 15 Boys	Long Jump
12.45	Under 15 Girls	Shot Putt		12.07	Under 15 Boys	80mH
13.02	Under 15 Girls	200m		13.11	Under 15 Boys	200m
14.00	Under 15 Girls	High Jump		13.30	Under 15 Boys	Shot Putt
14.53	Under 15 Girls	1500m		15.00	Under 15 Boys	1500m
16.10	Under 15 Girls	4 x 100m		16.20	Under 15 Boys	4 x 100m
TIME	AGE GROUP	EVENT		TIME	AGE GROUP	EVENT
12.00	Under 17 Women	High Jump		13.29	Under 17 Men	200m
13.20	Under 17 Women	200m		14.00	Under 17 Men	Javelin
15.06	Under 17 Women	1500m		14.15	Under 17 Men	Shot Putt
15.30	Under 17 Women	Triple Jump		15.12	Under 17 Men	1500m
15.45	Under 17 Women	Shot Putt		15.30	Under 17 Men	Triple Jump
16.30	Under 17 Women	4 x 100m		16.35	Under 17 Men	4 x 100m