

2015 Timetables - Upper Age Group Non Premier

TRACK Timetable

Time	Event
11.30	400m & 300m Hurdles
12.00	1500m Men
12.15	1500m Women
12.30	100m (Including Non Scoring)
13.20	400m & 300m
13.55	80m Hurdles under 17 Women
14.05	3000m Men
14.20	100m Hurdles Women
14.30	100m Hurdles under 17 Men
14.40	3000m Women
14.55	110m Hurdles Men
15.05	200m
15.30	800m
16.00	1500m Steeple Chase Women
16.10	4 x 100m Relays
16.30	2000m Steeple Chase Men
16.40	1500m Steeple Chase under 17 Men
16.50	4 x 300m & 4 x 400m Relays
<p>In all track events under 20 men A & B string followed by under 17 men A & B string then under 20 women A & B string followed by under 17 women A & B string except where specified and relays</p> <p>Relay sequence - U17 W - U17 M - U20 W - U20 M</p>	

FIELD Timetable

Time	Event
11.15	Hammer Men
11.15	Long Jump Men
11.30	Pole Vault Women
11.30	Shot Women
12.15	Hammer Women
12.30	High Jump Men
13.00	Long Jump Women
13.15	Javelin Men
14.30	Javelin Women
14.30	Shot Men
14.45	Pole Vault Men
14.45	High Jump Women
14.45	Triple Jump Men
15.30	Discus Women
16.00	Triple Jump Women
16.30	Discus Men
<p>All athletes will have 3 trials with top 4 U20 & 2 U17 a further 3 trials having first achieved the required standard, except vertical jumps</p> <p>2 x under 20 athletes + 1 x under 17 athlete compete in all field events</p>	