

**This is a provisional timetable for entry information only, a FINAL timetable will be published on Friday 29th July**

Track					
Event No.	Time	Event		Age Group	Round
	10.00	4 x 100m		U13G	1
	10.08	4 x 100m		U13B	1
	10.16	4 x 100m		U15G	1
	10.24	4 x 100m		U15B	1
	10.32	4 x 100m		U17M	1
	10.40	4 x 100m		U17W	1
	10.48	4 x 100m		Sen Women	1
	10.56	4 x 100m		Sen Men	1
	11.00	1500m	WC	Male/Female	Final
		1500m	LD	Male/Female	Final
	11.15	100m	LD	Female	Finals
	11.25	100m	PD	Female	Finals
		100m	RR	Female	Finals
		100m	RR	Male	Finals
		100m	WC	Female	Finals
		100m	WC	Male	Finals
	11.35	100m	LD	Male	Finals
		100m	PD	Male	Finals
	11.55	400m	WC	Male/Female	Finals
	12.00	400m	RR	Male/Female	Finals
		400m	LD	Male/Female	Finals
		400m	PD	Male/Female	Finals
	12.30	4 x 100m		U13G	Final
	12.34	4 x 100m		U13B	Final
	12.38	4 x 100m		U15G	Final
	12.42	4 x 100m		U15B	Final
	12.46	4 x 100m		U17M	Final
	12.50	4 x 100m		U17W	Final
	12.54	4 x 100m		Sen Men	Final
	12.58	4 x 100m		Sen Women	Final
	13.05	<b>LUNCH</b>			
	13.30	200m	RR	Male/Female	Finals
		200m	WC	Male/Female	Finals
		200m	LD	Male/Female	Finals
		200m	PD	Male/Female	Finals
	14.15	50m	RR	Male/Female	Finals
		50m	WC	Male/Female	Finals
		50m	LD	Male/Female	Finals
		50m	PD	Male/Female	Finals
	14.40	4 x 300m		U15G	Final
	14.45	4 x 300m		U15B	Final
	14.50	4 x 300m		U17W	Final
	14.55	4 x 400m		U17M	Final
	15.00	4 x 400m		Sen Women	Final
	15.05	4 x 400m		Sen Men	Final
	15.15	800m	LD	Male/Female	Finals
	15.25	800m	RR	Male/Female	Finals
	15.35	800m	WC	Male/Female	Finals

Field					
Event No.	Time	Event		Age Group	
	11.00	Long Jump		Male	
	11.00	Shot Put	3kg	Male/Female	
	11.00	Discus		Male/Female	
	11.45	Softball/Bean Bag		Female	
	11.45	Long Jump		Female	
	11.45	Seated Discus		Male/Female	
	13.00	Standing LJ		Male/Female	
	13.00	Shot Put	4kg	Male	
	13.00	Seated Shot/Javelin		Male/Female	
	13.45	Shot Put	5kg	Male	
	13.45	Long Jump		Male	
	13.45	Club		Male/Female	
	14.15	Javelin		Male/Female	
	14.15	Softball		Male	
	15.00	Turbo Javelin	300g	Female	
	15.00	Turbo Javelin	400g	Male	