

This is a provisional timetable for entry information only, a FINAL timetable will be published on Friday 10th August

Track				
Event No	Time	Event	Age Group	Round
	10.00	100m	U13 Girls	1
	10.30	100m	U13 Boys	1
	10.50	100m	U20 Men	1
	11.10	400m	U20 Women	1
	11.18	400m	U20 Men	1
	11.26	100m	U20 Women	1
	11.38	100m	U13 Girls	Semi Final
	11.50	100m	U13 Boys	Semi Final
	12.02	100m	U20 Men	Semi Final
	12.10	800m	U13 Girls	Timed Final
	12.35	800m	U13 Boys	Timed Final
	12.54	100m	U20 Women	Final
	12.58	100m	U13 Girls	Final
	13.02	100m	U13 Boys	Final
	13.06	100m	U20 Men	Final
	13.15	1500m SC	U20 Women	Final
LUNCH				
	14.00	200m	U13 Girls	1
	14.30	200m	U13 Boys	1
	14.42	1500m	U20 Men	1
	15.00	70m Hurdles	U13 Girls	1
	15.15	75m Hurdles	U13 Boys	1
	15.25	100m Hurdles	U20 Women	1
	15.35	110m Hurdles	U20 Men	1
	15.45	200m	U13 Girls	Semi Final
	15.57	200m	U13 Boys	Semi Final
	16.05	400m	U20 Women	Final
	16.09	400m	U20 Men	Final
	16.13	1500m	U13 Girls	Timed Final
	16.23	1500m	U13 Boys	Timed Final
	16.43	1500m	U20 Women	Final
	16.50	1500m	U20 Men	Final
	17.05	70m Hurdles	U13 Girls	Final
	17.10	75m Hurdles	U13 Boys	Final
	17.15	100m Hurdles	U20 Women	Final
	17.20	110m Hurdles	U20 Men	Final
	17.25	200m	U13 Girls	Final
	17.30	200m	U13 Boys	Final

If Heats not required Finals will go at HEAT time

Field				
Event No	Time	Event	Age Group	Round
	9.50	Hammer	U20 Women	Final
	9.50	Hammer	U20 Men	Final
	10.00	High Jump	U13 Girls	Final
	10.00	Long Jump	U13 Boys	Final
	11.30	Shot Put	U13 Boys	Final
	11.30	Javelin	U13 Girls	Final
	11.30	Triple Jump	U20 Women	Final
	12.45	Discus	U13 Boys	Final
	13.00	Long Jump	U13 Girls	Final
	13.00	Shot Put	U20 Women	Final
	13.00	Shot Put	U20 Men	Final
	14.00	High Jump	U20 Men	Final
	14.00	Shot Put	U13 Girls	Final
	14.00	Javelin	U13 Boys	Final
	15.00	Triple Jump	U20 Men	Final
	15.30	High Jump	U13 Boys	Final
	15.30	Discus	U13 Girls	Final
	16.00	Long Jump	U20 Women	Final
	16.30	Discus	U20 Women	Final
	16.30	Discus	U20 Men	Final

Starting Heights - U13G HJ 1m12, U13B HJ 1m12
Triple Jump Boards - U20W 7m/9m, U20M 9m/11m/13m
Min 2 Warm Up attempts

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Track				
Event No	Time	Event	Age Group	Round
	9.55	400m Hurdles	U20 Men	1
	10.04	400m Hurdles	U20 Women	1
	10.15	100m	U15 Girls	1
	10.40	100m	U15 Boys	1
	11.00	1500m	U15 Boys	1
	11.25	1500m	U15 Girls	1
	11.43	300m	U15 Girls	1
	12.00	100m	U15 Girls	Semi Final
	12.12	100m	U15 Boys	Semi Final
	12.24	800m	U15 Girls	1
	12.44	800m	U15 Boys	1
	12.59	800m	U20 Women	1
	13.07	800m	U20 Men	1
	13.17	2000m SC	U20 Men	Final
	13.27	100m	U15 Girls	Final
	13.31	100m	U15 Boys	Final
	13.36	400m Hurdles	U20 Women	Final
	13.41	400m Hurdles	U20 Men	Final
	14.05	300m	U15 Girls	Semi Final
	14.13	300m	U15 Boys	1
	14.25	200m	U15 Girls	1
	14.45	200m	U15 Boys	1
	14.51	200m	U20 Women	1
	15.05	200m	U20 Men	1
	15.21	1500m	U15 Girls	Final
	15.30	1500m	U15 Boys	Final
	15.45	75m Hurdles	U15 Girls	1
	16.00	80m Hurdles	U15 Boys	1
	16.10	200m	U15 Girls	Semi Final
	16.22	200m	U15 Boys	Semi Final
	16.30	200m	U20 Women	Semi Final
	16.38	200m	U20 Men	Semi Final
	16.50	300m	U15 Girls	Final
	16.55	300m	U15 Boys	Final
	17.00	800m	U15 Girls	Final
	17.05	800m	U15 Boys	Final
	17.10	800m	U20 Women	Final
	17.14	800m	U20 Men	Final
	17.20	80m Hurdles	U15 Boys	Final
	17.25	75m Hurdles	U15 Girls	Final
	17.30	200m	U15 Girls	Final
	17.33	200m	U15 Boys	Final
	17.36	200m	U20 Women	Final
	17.39	200m	U20 Men	Final

If Heats not required Finals will go at HEAT time

Field				
Event No.	Time	Event	Age Group	Round
100	9.50	Hammer	U15 Girls	Final
101	10.00	Long Jump	U15 Boys	Final
102	10.00	High Jump	U15 Girls	Final
103	11.00	Pole Vault	U20 Women	Final
104	11.00	Pole Vault	U15 Girls	Final
105	11.00	Pole Vault	U15 Boys	Final
106	11.00	Hammer	U15 Boys	Final
107	11.30	Long Jump	U20 Men	Final
108	12.00	High Jump	U15 Boys	Final
109	12.00	Discus	U15 Girls	Final
111	13.00	Long Jump	U15 Girls	Final
110	13.30	Javelin	U15 Boys	Final
112	14.00	Pole Vault	U20 Men	Final
113	14.00	Shot Put	U15 Girls	Final
114	14.30	Javelin	U20 Women	Final
115	14.30	Javelin	U20 Men	Final
116	14.30	Triple Jump	U15 Boys	Final
117	15.00	Shot Put	U15 Boys	Final
118	15.45	Javelin	U15 Girls	Final
119	16.00	High Jump	U20 Women	Final
120	16.30	Triple Jump	U15 Girls	Final
121	16.45	Discus	U15 Boys	Final

High Jump Starting Heights - U15G 1m24, U15B 1m29

Pole Vault Starting Heights - U15G 2m01, U15B 2m61 U20W 2m41 U20M 3m41

Triple Jump - U15B U15G 7m/9m Max Run Up 15m

Min 2 Warm Up attempts