

**This is a provisional timetable for entry purposes only, a FINAL timetable will be published on Friday 9th August**

<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
	9.50	400m Hurdles	U17 Men	1
	10.00	300m Hurdles	U17 Women	1
	10.15	100m	U17 Men	1
	10.31	100m	U17 Women	1
	10.50	100m	Sen Men	1
	11.10	800m	U17 Men	1
	11.26	800m	U17 Women	1
	11.38	800m	Sen Men	1
	11.55	800m	Sen Women	1
	12.05	300m Hurdles	U17 Women	Final
	12.18	400m Hurdles	U17 Men	Final
	12.25	100m	Ambulant M/F	Final
	12.29	100m	U17 Men	Semi Final
	12.37	100m	U17 Women	Semi Final
	12.45	100m	Sen Men	Semi Final
	12.53	100m	Sen Women	1
	13.05	5000m	Sen / U20 Women	Final
<b>Lunch</b>				
	14.00	1500m SC	U17 Men	Final
	14.15	1500m	U17 Men	1
	14.37	1500m	U17 Women	1
	14.51	300m	U17 Women	1
	15.05	400m	Sen Men	1
	15.21	400m	U17 Men	1
	15.33	400m	Sen Women	1
	15.45	100m	WC/RR	Final
	15.50	100m	U17 Men	Final
	15.54	100m	U17 Women	Final
	15.58	100m	Sen Men	Final
	16.02	100m	Sen Women	Final
	16.07	1500m	Sen Men	1
	16.31	1500m	Sen Women	1
	16.55	3000m SC	Sen Men	Final
	17.10	800m	U17 Men	Semi Final
	17.18	800m	Sen Men	Semi Final
	17.26	400m	Sen Men	Semi Final

If Heats are not required FINALS will go at FINAL Time

<b>Field</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Info</b>
	10.00	Discus	U17 Women	
	10.05	Triple Jump	U17 Men	7m/9m/11m
	11.15	Javelin	Sen Men	
	11.30	Pole Vault	U17 Men	2m70
	13.00	Discus	Sen Women	
	13.00	Triple Jump	Sen Men	11m/13m
	13.15	High Jump	Sen Women	1m42
	14.15	Triple Jump	U17 Women	9m/11m/13m
	14.15	Javelin	U17 Men	
	14.30	Shot Put	U17 Women	
	14.30	Shot Put	Sen Women	
	14.30	Pole Vault	Sen Men	3m70
	15.30	Triple Jump	Sen Women	9m/11m
	15.45	High Jump	U17 Women	1m22
	15.45	Hammer	U17 Men	
	15.45	Hammer	Sen Men	
	16.30	Seated Throws	All	

Min 2 Warm Up Attempts

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	9.50	400m Hurdles	Sen Men	1
	10.00	400m Hurdles	Sen Women	1
	10.15	200m	U17 Women	1
	10.35	200m	Sen Men	1
	11.05	3000m SC	Sen Women	Final
	11.25	100m Hurdles	U17 Men	1
	11.45	80m Hurdles	U17 Women	1
	12.00	300m	U17 Women	Final
	12.05	400m	WC/RR	Final
	12.09	400m	U17 Men	Final
	12.13	400m	Sen Women	Final
	12.17	400m	Sen Men	Final
	12.23	200m	U17 Men	1
	12.35	200m	Sen Women	1
	12.45	200m	U17 Women	Semi final
	13.00	200m	Sen Men	Semi final
<b>LUNCH</b>				
	13.45	400m Hurdles	Sen Women	Final
	13.53	400m Hurdles	Sen Men	Final
	14.05	5000m	U20 / Sen Men	Race 1
	14.25	80m Hurdles	U17 Women	Final
	14.33	100m Hurdles	Sen Women	Final
	14.41	100m Hurdles	U17 Men	Final
	14.49	110m Hurdles	Sen Men	Final
	15.00	5000m	Sen Men	Race 2
	15.20	1500m SC	U17 Women	Final
	15.30	800m	U17 Women	Final
	15.35	800m	U17 Men	Final
	15.40	800m	Sen Men	Final
	15.45	800m	Sen Women	Final
	15.53	200m	Ambulant M/F	Final
	16.00	200m	U17 Men	Final
	16.05	200m	Sen Women	Final
	16.10	200m	U17 Women	Final
	16.15	200m	Sen Men	Final
	16.20	1500m	U17 Women	Final
	16.30	1500m	U17 Men	Final
	16.40	1500m	Sen Women	Final
	16.50	1500m	Sen Men	Final

If Heats not required FINALS will go at FINAL Time

<b>Field</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Heats</b>
	9.55	Hammer	U17 Women	
	10.00	Long Jump	U17 Women	
	10.55	High Jump	U17 Men	1m62
	11.30	Hammer	Sen Women	
	11.30	Long Jump	Sen Women	
	12.00	Shot Put	Sen / U17 Men	
	13.00	Javelin	Sen / U17 Women	
	13.00	Long Jump	Sen Men	
	13.45	Pole Vault	U17 Women	2m20
		Pole Vault	Sen Women	2m40
	14.30	High Jump	Sen Men	1m67
	15.00	Shot Put	Seated	
	15.15	Long Jump	U17 Men	
	15.35	Discus	Sen Men	
	16.30	Discus	U17 Men	

Min 2 Warm Up Attempts