

Timetable

The doors to the Emirates will be open to Coaches (coaching pass should be shown at point of entry)

Athletes and spectators at 11.00 on Sunday and the relays will start at 12.00 with the under 11's.

A programme will be on sale as usual and as the proceeds go towards charity can you please encourage your spectators to purchase one on arrival.

12:00 4x 200m Relay Heats

U11G, U13G, U15G, u17W, U20W, U11B, U13B, U15B, U17M, U20M

Track – straight

14:00 60m A String U11G
14:03 60m B String U11G
14:06 60m U13G
14:09 60m U15G
14:12 60m U17W
14:15 60m U20W
14:20 60m A String U11B
14:23 60m B String U11B
14:26 60m U13B
14:29 60m U15B
14:32 60m U17M
14:35 60m U20M
15:00 60m Hurdles U13G
15:05 60m Hurdles U15G
15:10 60m Hurdles U13B
15:20 60m Hurdles U17W
15:25 60m Hurdles U15B
15:30 60m Hurdles U20W
15:40 60m Hurdles U17M
15:45 60m Hurdles U20M

Track - circular

14:40 800m U17W
14:45 800m U17M
14:50 800m U20W
14:55 800m U20M
15:20 600m A String U11G
15:25 600m B String U11G
15:30 600m A String U11B
15:35 600m B String U11B
16:00 800m U13G
16:05 800m U13B
16:10 800m U15G
16:15 800m U15B
16:20 200m U13G
16:24 200m U15G
16:28 200m U17W
16:32 200m U20W
16:35 200m U13B
16:38 200m U15B
16:41 200m U17M
16:47 200m U20M
16:50 300m U17W
16:55 300m U15G
17:00 300m U15B
17:05 400m U17M
17:10 400m U20W
17:15 400m U20M
17:20 Relay finals (as required)

17:45 Prize giving

Field

12:30 Long Jump U13B
12:30 Shot Putt U17M
12:30 Shot Putt U20M
13:00 High Jump U13G
13:00 Long Jump U15B
13:00 High Jump U15G
13:00 High Jump U17W
13:00 High Jump U20W
13:30 Long Jump U17M
13:30 Shot Putt U17W
13:30 Long Jump U20M
13:30 Shot Putt U20W
14:15 Shot Putt U15B
14:15 Long Jump U17W
14:15 Long Jump U20W
14:15 Shot Putt U13B
15:30 Long Jump U15G
15:00 Shot Putt U15G
15:00 High Jump U13B
15:00 High Jump U15B
15:00 High Jump U17M
15:00 High Jump U20M
15:00 Long Jump U13G
15:30 Shot Putt U13G
16:00 Standing Long Jump U11G
16:30 Standing Long Jump U11B