

This is a provisional timetable for entry purposes only, a FINAL timetable will be published on Friday 13th August

Track				
Event No	Time	Event	Age Group	Round
	9.45	400m Hurdles	U20 Men	1
	9.55	400m Hurdles	U20 Women	1
	10.10	100m	U15 Girls	1
	10.30	100m	U15 Boys	1
	10.46	1500m	U15 Boys	1
	11.02	1500m	U15 Girls	1
	11.20	400m Hurdles	U20 Women	Final
	11.25	400m Hurdles	U20 Men	Final
	11.30	300m	U15 Girls	1
	11.42	300m	U15 Boys	1
	11.54	100m	U15 Girls	Final
	11.58	100m	U15 Boys	Final
	12.02	800m	U15 Girls	1
	12.18	800m	U15 Boys	1
	12.30	800m	U20 Women	1
	12.38	800m	U20 Men	1
LUNCH				
	13.25	400m Hurdles	U20 Women	Final
	13.30	400m Hurdles	U20 Men	Final
	13.35	300m	U15 Girls	Final
	13.39	300m	U15 Boys	Final
	13.43	200m	U15 Girls	1
	14.03	200m	U15 Boys	1
	14.20	200m	U20 Women	1
	14.32	200m	U20 Men	1
	14.45	1500m	U15 Boys	Final
	14.55	1500m	U15 Girls	Final
	15.05	80m Hurdles	U15 Boys	1
	15.10	75m Hurdles	U15 Girls	1
	15.20	200m	U15 Girls	Final
	15.25	200m	U15 Boys	Final
	15.30	200m	U20 Women	Final
	15.35	200m	U20 Men	Final
	15.40	800m	U15 Girls	Final
	15.45	800m	U15 Boys	Final
	15.50	800m	U20 Women	Final
	15.55	800m	U20 Men	Final
	16.00	80m Hurdles	U15 Boys	Final
	16.05	75m Hurdles	U15 Girls	Final
If Heats are not required Finals will go at HEAT time				

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Field				
Event No.	Time	Event	Age Group	Info
	10.00	Hammer	U15 Girls	
	10.00	Long Jump	U15 Boys	
	10.00	High Jump	U15 Girls	1m24
	11.00	Long Jump	U20 Men	
	11.00	Javelin	U15 Boys	
	11.30	Pole Vault	U20 Women	2m50
		Pole Vault	U15 Girls	2m10
		Pole Vault	U15 Boys	2m10
	12.00	High Jump	U15 Boys	1m29
	12.00	Javelin	U20 Women	
		Javelin	U20 Men	
	12.00	Long Jump	U15 Girls	
	13.15	Javelin	U15 Girls	
	13.15	High Jump	U20 Women	1m37
	13.15	Shot Put	U15 Girls	
	14.00	Hammer	U15 Boys	
	14.15	Triple Jump	U15 Boys	7m/9m
	14.45	Discus	U15 Girls	
	14.45	Shot Put	U15 Boys	
	15.00	Triple Jump	U15 Girls	7m/9m
	15.40	Discus	U15 Boys	
U15 Triple Jump - Maximum Run Up 22m Minimum 2 Warm Up Attempts				

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Track				
Event No	Time	Event	Age Group	Round
	10.00	100m	U13 Girls	1
	10.24	100m	U13 Boys	1
	10.40	100m	U20 Women	1
	10.52	100m	U20 Men	1
	11.10	400m	U20 Women	1
	11.18	400m	U20 Men	1
	11.30	800m	U13 Girls	Timed Final
	11.50	800m	U13 Boys	Timed Final
	12.05	100m	U13 Girls	Final
	12.10	100m	U13 Boys	Final
	12.15	100m	U20 Women	Final
	12.20	100m	U20 Men	Final
	12.25	2000m SC	U20 Men	Final
LUNCH				
	13.15	1500m SC	U20 Women	Final
	13.25	400m	U20 Women	Final
	13.30	400m	U20 Men	Final
	13.35	200m	U13 Girls	1
	14.04	200m	U13 Boys	1
	14.40	1500m	U20 Women	1
	14.54	1500m	U20 Men	1
	15.08	110m Hurdles	U20 Men	1
	15.18	100m Hurdles	U20 Women	1
	15.28	75m Hurdles	U13 Boys	1
	15.38	70m Hurdles	U13 Girls	1
	15.53	200m	U13 Girls	Final
	15.57	200m	U13 Boys	Final
	16.01	1500m	U13 Girls	Timed Final
	16.17	1500m	U13 Boys	Timed Final
	16.33	1500m	U20 Women	Final
	16.40	1500m	U20 Men	Final
	16.48	110m Hurdles	U20 Men	Final
	16.53	100m Hurdles	U20 Women	Final
	17.00	75m Hurdles	U13 Boys	Final
	17.05	70m Hurdles	U13 Girls	Final
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Field				
Event No	Time	Event	Age Group	Round
	10.00	Hammer	U20 Women	
	10.00	Hammer	U20 Men	
	10.00	High Jump	U13 Girls	1m12
	10.00	Long Jump	U13 Boys	
	11.00	Shot Put	U13 Boys	
	11.00	Javelin	U13 Girls	
	11.15	Triple Jump	U20 Women	7m/9m/11m
	11.30	Pole Vault	U20 Men	3m60
	11.30	High Jump	U13 Boys	1m12
	12.30	Javelin	U13 Boys	
	12.30	Long Jump	U13 Girls	
	12.30	Shot Put	U20 Women	
	12.30	Shot Put	U20 Men	
	13.30	Shot Put	U13 Girls	
	13.30	Discus	U13 Boys	
	14.30	Triple Jump	U20 Men	9m/11m/13m
	14.30	High Jump	U20 Men	1m67
	14.30	Discus	U13 Girls	
	15.45	Long Jump	U20 Women	
	15.45	Discus	U20 Women	
	15.45	Discus	U20 Men	
Minimum 2 Warm Up Attempts				