

This is a provisional timetable for entry purposes only, a FINAL timetable will be published on Friday 19th August.

<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
	10.00	400m Hurdles	U20 Women	1
	10.05	400m Hurdles	U20 Men	1
	10.10	100m	U15 Girls	1
	10.30	100m	U15 Boys	1
	10.46	1500m	U15 Boys	1
	11.06	1500m	U15 Girls	1
	11.24	300m	U15 Girls	1
	11.36	300m	U15 Boys	1
	11.50	100m	U15 Girls	Semi Final
	12.05	100m	U15 Boys	Semi Final
	12.15	800m	U15 Girls	1
	12.35	800m	U15 Boys	1
	12.50	800m	U20 Women	1
	12.58	800m	U20 Men	1
	13.06	100m	U15 Girls	Final
	13.10	100m	U15 Boys	Final
<b>LUNCH</b>				
	13.55	400m Hurdles	U20 Women	Final
	14.00	400m Hurdles	U20 Men	Final
	14.05	300m	U15 Girls	Final
	14.10	300m	U15 Boys	Final
	14.15	200m	U15 Girls	1
	14.35	200m	U15 Boys	1
	14.55	200m	U20 Women	1
	15.10	200m	U20 Men	1
	15.25	1500m	U15 Boys	Final
	15.33	1500m	U15 Girls	Final
	15.45	80m Hurdles	U15 Boys	1
	15.50	75m Hurdles	U15 Girls	1
	16.05	200m	U15 Girls	Semi Final
	16.17	200m	U15 Boys	Semi Final
	16.25	200m	U20 Women	Final
	16.30	200m	U20 Men	Final
	16.35	800m	U15 Girls	Final
	16.40	800m	U15 Boys	Final
	16.45	800m	U20 Women	Final
	16.50	800m	U20 Men	Final
	17.00	75m Hurdles	U15 Girls	Final
	17.05	80m Hurdles	U15 Boys	Final
	17.10	200m	U15 Girls	Final
	17.15	200m	U15 Boys	Final
<b>If Heats are not required Finals will go at HEAT time</b>				

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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	
	11.00	Long Jump	U20 Men	
	11.00	Javelin	U15 Boys	
	11.30	Pole Vault	U20 Women	
			U15 Girls	
			U15 Boys	
	12.00	High Jump	U15 Boys	
	12.00	Javelin	U20 Women	
			U20 Men	
	12.00	Long Jump	U15 Girls	
	13.15	Javelin	U15 Girls	
	13.15	High Jump	U20 Women	
	13.15	Shot Put	U15 Girls	
	14.15	Hammer	U15 Boys	
	14.15	Triple Jump	U15 Boys	7m/9m
	15.00	Shot Put	U15 Boys	
	15.00	Discus	U15 Girls	
	15.00	Triple Jump	U15 Girls	7m/9m
	16.00	Discus	U15 Boys	
<b>Minimum 2 Warm Up Attempts</b>				

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<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
	10.00	100m	U13 Girls	1
	10.20	100m	U13 Boys	1
	10.36	100m	U20 Women	1
	10.52	100m	U20 Men	1
	11.08	400m	U20 Women	1
	11.18	400m	U20 Men	1
	11.28	100m	U13 Girls	Semi Final
	11.40	100m	U13 Boys	Semi Final
	11.48	100m	U20 Women	Semi Final
	11.56	100m	U20 Men	Semi Final
	12.04	800m	U13 Girls	Timed Final
	12.24	800m	U13 Boys	Timed Final
	12.39	100m	U20 Women	Final
	12.43	100m	U20 Men	Final
	12.47	100m	U13 Girls	Final
	12.51	100m	U13 Boys	Final
	12.55	2000m SC	U20 Men	Final
<b>LUNCH</b>				
	13.35	1500m SC	U20 Women	Final
	13.43	200m	U13 Girls	1
	14.03	200m	U13 Boys	1
	14.20	1500m	U20 Men	1
	14.34	1500m	U20 Women	1
	14.55	110m Hurdles	U20 Men	1
	15.05	100m Hurdles	U20 Women	1
	15.15	75m Hurdles	U13 Boys	1
	15.25	70m Hurdles	U13 Girls	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
	16.30	1500m	U13 Boys	Timed Final
	16.38	1500m	U20 Women	Final
	16.45	1500m	U20 Men	Final
	16.55	110m Hurdles	U20 Men	Final
	17.00	100m Hurdles	U20 Women	Final
	17.05	75m Hurdles	U13 Boys	Final
	17.10	70m Hurdles	U13 Girls	Final
	17.15	200m	U13 Boys	Final
	17.19	200m	U13 Girls	Final
If Heats not required Finals will go at HEAT time				

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Field				
Event No	Time	Event	Age Group	Round
	10.00	Hammer	U20 Women	
			U20 Men	
	10.00	High Jump	U13 Girls	
	10.00	Long Jump	U13 Boys	
	11.15	Shot Put	U13 Boys	
	11.15	Javelin	U13 Girls	
	11.15	Triple Jump	U20 Women	9m/11m
	11.30	Pole Vault	U20 Men	
	12.45	Javelin	U13 Boys	
	12.45	Long Jump	U13 Girls	
	12.45	Shot Put	U20 Women	
			U20 Men	
	13.45	High Jump	U20 Men	
	13.45	Shot Put	U13 Girls	
	13.45	Discus	U13 Boys	
	14.30	Triple Jump	U20 Men	9m/11m
	15.00	High Jump	U13 Boys	
	15.00	Discus	U13 Girls	
	15.45	Long Jump	U20 Women	
	15.45	Discus	U20 Women	
			U20 Men	
<b>Minimum 2 Warm Up Attempts</b>				