

This is a draft timetable for entry purposes, a FINAL timetable will be published on Friday 11th August				
Track				
Event No	Time	Event	Age Group	Round
	10:00	100m	U15 Girls	1
	10:30	100m	U15 Boys	1
	10:50	1500m	U15 Boys	1
	11:14	1500m	U15 Girls	1
	11:30	300m	U15 Girls	1
	11:44	300m	U15 Boys	1
	11:52	100m	U15 Girls	Semi Final
	12:04	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
	13:10	100m	U15 Girls	Final
	13:14	100m	U15 Boys	Final
LUNCH				
	13:55	400m Hurdles	U20 Men	Final
	14:00	400m Hurdles	U20 Women	Final
	14:05	300m	U15 Girls	Final
	14:10	300m	U15 Boys	Final
	14:15	200m	U15 Girls	1
	14:39	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	Final
	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
	16:55	75m Hurdles	U15 Girls	Final
	17:10	200m	U15 Girls	Final
	17:15	200m	U15 Boys	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 Girls	
	10:00	High Jump	U15 Girls	SH 1m19
	11:00	Javelin	U15 Boys	
	11:15	Long Jump	U20 Men	
	11:30	Pole Vault	U20 Women	SH 2m31
			U15 Girls	SH 1m91
			U15 Boys	
	12:00	High Jump	U15 Boys	SH 1m24
	12:00	Javelin	U15 Girls	
	13:00	Long Jump	U15 Boys	
	13:15	Javelin	U20 Women	
			U20 Men	
	13:15	High Jump	U20 Women	SH 1m42
			U20 Men	SH 1m87
	13:15	Shot Put	U15 Girls	
	14:15	Hammer	U15 Boys	
	15:00	Shot Put	U15 Boys	
	15:00	Discus	U15 Girls	
	16:00	Triple Jump	U15 Girls	7m/9m
			U15 Boys	
	16:00	Discus	U15 Boys	
Minimum 2 Warm Up Attempts				
U20W PV - 2m31/2m51/2m66/2m81/2m91 then 10cms				
U15G PV - 1m91/2m11/2m31/2m51/2m66/2m81/2m91 then 10cms				
U15B PV - 1m91/2m11/2m31/2m51/2m66/2m81/2m91 then 10cms				

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Track				
Event No	Time	Event	Age Group	Round
	10:00	100m	U13 Girls	1
	10:24	100m	U13 Boys	1
	10:48	100m	U20 Women	1
	11:00	100m	U20 Men	1
	11:12	400m	U20 Women	1
	11:20	400m	U20 Men	1
	11:32	100m	U13 Girls	Semi Final
	11:46	100m	U13 Boys	Semi Final
	11:54	800m	U13 Girls	Timed Final
	12:14	800m	U13 Boys	Timed Final
	12:24	100m	U20 Women	Final
	12:29	100m	U20 Men	Final
	12:34	100m	U13 Girls	Final
	12:39	100m	U13 Boys	Final
	12:50	2000m SC	U20 Men	Final
LUNCH				
	13:35	1500m SC	U20 Women	Final
	13:45	200m	U13 Girls	1
	14:09	200m	U13 Boys	1
	14:25	1500m	U20 Men	1
	14:41	1500m	U20 Women	1
	15:00	110m Hurdles	U20 Men	Final
	15:06	100m Hurdles	U20 Women	Final
	15:12	75m Hurdles	U13 Boys	Final
	15:18	70m Hurdles	U13 Girls	1
	15:40	200m	U13 Girls	Semi Final
	15:52	200m	U13 Boys	Final
	16:00	400m	U20 Women	Final
	16:05	400m	U20 Men	Final
	16:10	1500m	U13 Girls	Timed Final
	16:30	1500m	U13 Boys	Final
	16:40	1500m	U20 Women	Final
	16:48	1500m	U20 Men	Final
	17:05	70m Hurdles	U13 Girls	Final
	17:15	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	SH 1m12
	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
			U20 Men	9m/11m/13m
	11:30	Pole Vault	U20 Men	SH 2m77
	12:45	Javelin	U13 Boys	
	12:45	Long Jump	U13 Girls	Pool 2
	12:45	Shot Put	U20 Women	
			U20 Men	
	13:45	Shot Put	U13 Girls	
	13:45	Discus	U13 Boys	
	13:45	Long Jump	U13 Girls	Pool 1
	15:00	High Jump	U13 Boys	SH 1m12
	15:00	Discus	U13 Girls	
	15:45	Long Jump	U20 Women	
	15:45	Discus	U20 Women	
			U20 Men	
Minimum 2 Warm Up Attempts				
U20M PV - 2m77/2m97/3m17/3m32/3m47/3m62 then 10cms				