

<b>This is a DRAFT timetable for entry purposes only, a FINAL timetable will be published on Friday 2nd August</b>				
<b>Track</b>				
<b>Event No</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Round</b>
	10:00	100m	U15 Girls	1
	10:28	100m	U15 Boys	1
	10:50	1500m	U15 Boys	Timed Finals
	11:06	1500m	U15 Girls	Timed Finals
	11:35	300m	U15 Girls	1
	11:51	300m	U15 Boys	1
	12:00	100m	U15 Girls	Semi Final
	12:12	100m	U15 Boys	Semi Final
	12:30	800m	U20 Women	1
	12:42	800m	U20 Men	1
<b>LUNCH</b>				
	13:30	400m Hurdles	U20 Men	Final
	13:35	400m Hurdles	U20 Women	Final
	13:45	100m	U15 Girls	Final
	13:49	100m	U15 Boys	Final
	13:57	300m	U15 Girls	Semi Final
	14:05	300m	U15 Boys	Final
	14:11	200m	U15 Girls	1
	14:35	200m	U20 Men	1
	14:51	200m	U20 Women	1
	15:03	200m	U15 Boys	1
	15:15	800m	U15 Girls	Timed Finals
	15:31	800m	U15 Boys	Timed Finals
	15:50	300m	U15 Girls	Final
	16:00	80m Hurdles	U15 Boys	1
	16:10	75m Hurdles	U15 Girls	1
	16:30	200m	U15 Girls	Semi Final
	16:28	200m	U20 Men	Semi Final
	16:36	200m	U15 Boys	Final
	16:40	200m	U20 Women	Final
	16:48	800m	U20 Women	Final
	16:52	800m	U20 Men	Final
	17:00	80m Hurdles	U15 Boys	Final
	17:05	75m Hurdles	U15 Girls	Final
	17:15	200m	U15 Girls	Final
	17:19	200m	U20 Men	Final
<b>If Heats are not required Finals will go at HEAT time</b>				

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<b>Field</b>				
<b>Event No.</b>	<b>Time</b>	<b>Event</b>	<b>Age Group</b>	<b>Info</b>
	10:00	Hammer	U15 Girls	
	10:00	Long Jump	U15 Girls	Pool 2
	10:00	High Jump	U15 Boys	SH 1m24
	11:00	Javelin	U15 Boys	
	11:00	Long Jump	U15 Girls	Pool 1
	11:30	Pole Vault	U20 Men	SH 2m77
			U20 Women	SH 2m31
			U15 Girls	SH 1m91
			U15 Boys	
	12:00	High Jump	U15 Girls	SH 1m19
	12:00	Javelin	U15 Girls	
	13:15	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	
	14:30	Long Jump	U20 Men	
	15:00	Shot Put	U15 Boys	
	15:00	Discus	U15 Girls	
	15:30	Triple Jump	U15 Girls	7m/9m
	16:30	Discus	U15 Boys	
	16:30	Triple Jump	U15 Boys	7m/9m
<b>Minimum 2 Warm Up Attempts</b>				
U20M PV - 2m77/2m97/3m17/3m32/3m47/3m62 then 10cms				
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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	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
	11:44	100m	U13 Boys	Semi Final
	11:56	800m	U13 Girls	Timed Final
	12:11	800m	U13 Boys	Timed Final
	12:26	100m	U13 Boys	Final
	12:30	100m	U20 Women	Final
	12:34	100m	U20 Men	Final
	12:38	100m	U13 Girls	Final
	12:42	2000m SC	U20 Men	Final
<b>LUNCH</b>				
	13:30	1500m SC	U20 Women	Final
	13:40	200m	U13 Girls	1
	14:04	200m	U13 Boys	1
	14:34	1500m	U20 Men	1
	14:54	1500m	U20 Women	1
	15:14	110m Hurdles	U20 Men	Final
	15:19	100m Hurdles	U20 Women	Final
	15:24	75m Hurdles	U13 Boys	1
	15:34	70m Hurdles	U13 Girls	1
	15:49	200m	U13 Girls	Semi Final
	16:01	200m	U13 Boys	Semi Final
	16:09	400m	U20 Women	Final
	16:14	400m	U20 Men	Final
	16:19	1500m	U13 Girls	Timed Final
	16:39	1500m	U13 Boys	Timed Final
	16:59	1500m	U20 Women	Final
	17:09	1500m	U20 Men	Final
	17:19	75m Hurdles	U13 Boys	Final
	17:24	70m Hurdles	U13 Girls	Final
	17:29	200m	U13 Girls	Final
	17:34	200m	U13 Boys	Final
If Heats not required Finals will go at HEAT time				

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	10:00	Hammer	U20 Women	
			U20 Men	
	10:00	High Jump	U13 Girls	SH 1m12
	10:00	Long Jump	U20 Women	
	11:15	Shot Put	U13 Boys	
	11:15	Javelin	U13 Girls	
	11:15	Long Jump	U13 Girls	Pool 2
	12:30	Javelin	U13 Boys	
	12:30	Long Jump	U13 Girls	Pool 1
	12:45	Shot Put	U20 Women	
			U20 Men	
	13:45	Shot Put	U13 Girls	
	13:45	Long Jump	U13 Boys	
	14:45	Discus	U13 Girls	
			U13 Boys	
	15:00	High Jump	U13 Boys	SH 1m12
	15:00	Triple Jump	U20 Women	9m/11m
	16:15	Triple Jump	U20 Men	9m/11m/13m
	16:15	Discus	U20 Women	
			U20 Men	
<b>Minimum 2 Warm Up Attempts</b>				