

This is a provisional timetable for entry purposes only, a final timetable will be published on Friday 11th April				
Track				
Event No.	Time	Event	Age Group	Entry Standard
	10:00	400m Hurdles	Senior Men	63.00
	10:07	400m Hurdles	U18/U20 Men	63.00
	10:14	400m Hurdles	U18/U20/Senior Women	73.00
	10:25	800m	Men	2:00.00
	10:40	800m	Women	2:25.00
	10:55	100m	Mixed FR/WC	See Note
	10:59	100m	Men	11.60
	11:15	100m	Women	13.10
	11:34	110m Hurdles	Senior Men	18.00
	11:41	110m Hurdles	U20 Men	18.00
	11:48	100m Hurdles	U18 Men	18.00
	11:55	100m Hurdles	Sen / U20 Women	18.00
	12:06	100m Hurdles	U18 Women	18.00
	12:29	400m	Mixed FR/WC	See Note
	12:33	400m	Men	53.00
	12:45	400m	Women	63.00
	12:57	2000m SC	U20/Senior Men	7:30.00
Lunch				
	14:07	2000m SC	U18 Men	7:30.00
	14:17	200m	Women	26.90
	14:33	200m	Men	23.10
	14:49	2000m SC	Women	9:00.00
	14:59	4x100m	Mixed U18	
	15:19	4x100m	Mixed Open	
	15:59	1500m	Men	4:00.00
	16:29	1500m	Women	5:00.00
	16:59	4x400m	Mixed Open	
Field				
Event No.	Time	Event	Age Group	Entry
	10:00	Hammer	Women	27.00
	10:00	Long Jump	Men	5.70
	11:15	Hammer	Men	30.00
	11:30	Long Jump	Women	4.75
	11:30	Shot Put	Men	10.00
	12:30	Javelin	Men	36.00
	13:00	High Jump	Women	1.45
	13:30	Triple Jump (11m/13m)	Men	11.50
			Women	9.50
	13:45	Javelin	Women	25.00
	13:45	Seated Javelin	Mixed	See Note
		Seated Club/Discus		
	14:30	Shot Put	Women	8.00
	14:30	High Jump	Men	1.65
	15:00	Discus	Men	28.00
	15:00	Triple Jump (9m)	Men	11.50
			Women	9.50
	16:15	Discus	Women	25.00
<p>Minimum 4 Trials in Throws and Horizontal jumps Minimum 2 warm Up trials Note: Para athletes are expected to be classified and experienced competitors at a similar level of event. Entry Standards - Athletes without the entry standard may have their entry rejected and refunded.</p>				

