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| **Timetable Match 1**  | **Kilmarnock** |  |  |  |  |
| **TRACK** |  |  |  |  | **FIELD** |  |
|  |  |  |  |  |  |  |
| 11.00am | 110m Hurdles  | U20 /Sen Men |  | 11:00am | Long Jump  | U20/Sen Women |
| 11:10am | 100m Hurdles | U17M |  |  | Discus | All Women |
| 11:15am | 100 Hurdles | Senior / U20 W |  |  | Shot | U20/Sen Men |
| 11:20am | 80m Hurdles | U17W  |  |  | High Jump | U20/Sen Men |
|  | 80m Hurdles | U17W |  |  |  |  |
| 11:30am | 800m | Senior/U20/U17 Men |  |  |  |  |
|  |  | Senior/U20/U17 Men |  | 12:30pm | Long Jump | U17 Women |
|  |  | Senior/U20/U17 Men |  |  | Shot | U20/Sen Women |
|  |  | Senior/U20/U17 Men |  |  | High Jump | U17 Men |
|  |  | Senior/U20/U17 Men |  |  | Discus | All Men |
|  |  | Senior U20/U17 Men |  |  | Pole Vault | Male/Female |
| 11:55pm | 800m | Senior U20/U17 Women |  |  |  |  |
|  |  | Senior/U20/U17 Women |  | 14:00pm | Long Jump | All Men |
|  |  | Senior/U20/U17 Women |  |  | Hammer | All Women |
|  |  | Senior/U20/U17 Women |  |  | Shot | U17 Men |
|  |  | Senior/U20/U17 Women |  |  | High Jump | U17 Women |
| 12:25pm | 100m – Pool 1 | Senior/U20/U17 Men |  |  |  |  |
|  | 100m  | Senior/U20/U17 Men |  | 15:15pm | Hammer | All Men |
|  | 100m | Senior/U20/U17 Men |  |  | Shot | U17W |
|  | 100m | Senior/U20/U17 Men |  |  | Triple Jump  | 9m/11m Board Mixed |
|  | 100m | Senior/U20/U17 Men |  |  | High Jump | U20/Senior Women |
|  | 100m | Senior/U20/U17 Men |  |  |  |  |
|  | 100m | Senior/U20/U17 Men |  |  |  |  |
| 13:00pm | 100m – Pool 2 | Senior/U20/U17 Men |  |  |  |  |
|  | 100m | Senior/U20/U17 Men |  |  |  |  |
|  | 100m | Senior/U20/U17 Men |  |  |  |  |
|  | 100m | Senior/U20/U17 Men |  |  |  |  |
|  | 100m | Senior/U20/U17 Men |  |  |  |  |
| 13:25pm | **Lunch** |  |  |  |  |  |
| 14:00pm | 2000m SC | U18/U20/Senior Women |  |  |  |  |
| 14:15pm | 100m  | Senior/U20/U17 Women |  |  |  |  |
|  | 100m | Senior/U20/U17 Women |  |  |  |  |
|  | 100m | Senior/U20/U17 Women |  |  |  |  |
|  | 100m | Senior/U20/U17 Women |  |  |  |  |
|  | 100m | Senior/U20/U17 Women |  |  |  |  |
|  | 100m | Senior/U20/U17 Women |  |  |  |  |
|  | 100m | Senior/U20/U17 Women |  |  |  |  |
| 14:50pm | Mile | U17/U20/Senior Men |  |  |  |  |
|  | Mile | U17/U20/Senior Men |  |  |  |  |
|  | Mile | U17/U20/Senior Men |  |  |  |  |
| 15:15pm | Mile | U17/U20/Senior Women |  |  |  |  |
|  | Mile | U17/U20/Senior Women |  |  |  |  |
| 15:30pm | 300m | U17 Women |  |  |  |  |
|  | 300m | U17 Women |  |  |  |  |
|  | 300m | U17 Women |  |  |  |  |
|  | 300m | U17 Women |  |  |  |  |
|  | 300m | U17 Women |  |  |  |  |
| 15:45pm | 400m | U17 Men |  |  |  |  |
|  | 400m | U17 Men |  |  |  |  |
|  | 400m | U17 Men |  |  |  |  |
| 16:00pm | 400m | U20/Senior Women |  |  |  |  |
|  | 400m | U20/Senior Women |  |  |  |  |
|  | 400m | U20/Senior Women |  |  |  |  |
| 16:15pm | 400m | U20/Senior Men |  |  |  |  |
|  | 400m  | U20/Senior Men |  |  |  |  |
|  | 400m | U20/Senior Men |  |  |  |  |
|  | 400m | U20/Senior Men |  |  |  |  |
|  |  |  |  |  |  |  |
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