Revised 1/11/18

TIMETABLE A

	TRACK	FIELD LONG	TRIPLE	HIGH	POLE	SHOT	DISCUS	JAVELIN	HAMMER
12:00	2k/3k Steeple-Low	O35 M&W						Open/U18 Women	
12:05									
12:10									
12:15	2k/3k Steeple-High								Open/U18 M
12:20									
12:25									
12:30	3K/1.5km Walk	U14 Men			High Start				
12:35	All Ages				All Ages				
12:40									
12:45									
12:50									
12:55									
13:00	110Hurdles							U14/16 Women	O35 M&W
13:05	Open &U18 Men								
13:10	100 Hurdles	Open/U18 Women							
13:15	Op&U18 W, U16/O35 M								
13:20	90 Hurdles								
13:25	U16/O35W, U14M								
13:30	80 Hurdles								U14/U16 Men
13:35	U14W								
13:40									
13:45								O35 M&W	
13:50		U16/U18 Men							
13:55									
14:00	1500m				Low Start				
14:05	All Ages				All Ages				
14:10									
14:15						U18 Men			
14:20									
14:25									
14:30	100m								
14:35	All Ages								
14:40									
14:45		U14/16 Women					Open/U18 Women		
14:50									
14:55									
15:00						Open Men			
15:05									
15:10									
15:15	400m								
15:20	All Ages								
15:25									
15:30									
15:35									
15:40									
15:45		Open Men				U16/U14 Men	U16/U14 Women		
15:50									
15:55									
16:00	4x100m Relays								
16:05	All Ages								
16:10									
16:15									
16:20									
16:25									
16:30									
16:35									
16:40									
16:45									
16:50									
16:55									
17:00									