

Timetable one All Divisions

Field Events

11.15	Hammer - Men
11.45	Long Jump - Women
11.45	Pole Vault - Women
12.20	Javelin – Women
12.30	Shot – Men
13.00	Long Jump – Men
13.25	Hammer – Women
13.45	High Jump – Men
14.00	Triple Jump – Women
14.20	Shot - Women
14.30	Javelin – Men
14.30	Pole Vault – Men
15.30	High Jump – Women
15.35	Discus – Women
15.50	Triple Jump – Men
16.30	Discus - Men

Track Events

TIME	Time with women S/C	TRACK
13.00		400m Hurdles - Women
13.10		400m Hurdles - Men
13.25		800m - Women
13.35		800m - Men
13.45		200m - Women
13.55		200m - Men
14.00		2000m SC – Men Match 1 & 3 3000m SC – Men Match 2 & 4
14.20		100m Hurdles - Women
14.30		3000m - Women
14.50		110m Hurdles - Men
15.00		400m - Women
15.10		400m - Men
15.20		1500m - Women
15.30		1500m - Men
15.40		100m - Women
15.50		100m - Men
16.00		100m (Non-scoring)
16.10	4.05	5000m – Men Match 1 & 3 3000m – Men Match 2 & 4
16.20	4.20	2k S/C – Women (Non-scoring)
16.35	4.40	4 x 100m Relay - Women
16.45	4.50	4 x 100m Relay - Men
16.55	5.00	4 x 400m Relay - Women
17.05	5.10	4 x 400m Relay - Men

Timetable one All Divisions

All Events

TIME	TRACK	FIELD
11.15		Hammer (M)
11.45		Long Jump (W)
		Pole Vault (W)
12.20		Javelin (W)
12.30		Shot (M)
13.00	400m Hurdles (W)	Long Jump (M)
13.10	400m Hurdles (M)	
13.25	800m (W)	Hammer (W)
13.35	800m (M)	
13.45	200m (W)	High Jump (M)
13.55	200m (M)	
14.00	2000m/3000m S/C (M)	Triple Jump (W)
14.20	100m Hurdles (W)	Shot (W)
14.30	3000m (W)	Javelin (M)
14.30		Pole Vault (M)
14.50	110m Hurdles (M)	
15.00	400m (W)	
15.10	400m (M)	
15.20	1500m (W)	
15.30	1500m (M)	High Jump (W)
15.35		Discus (W)
15.40	100m (W)	
15.50	100m (M)	Triple Jump (M)
16.00	100m (Non-scoring)	
16.10/17.05	5000m/3000m (M)	
16.20	2k S/C (W) Non scoring	
16.30		Discus (M)
16.35/17.40	4 x 100m Relay (W)	
16.45/17.50	4 x 100m Relay (M)	
16.55/17.00	4 x 400m Relay (W)	
17.05/17.10	4 x 400m Relay (M)	

Times in bold are if the women S/C is Run