

SIAB TRACK AND FIELD INTERNATIONAL BEDFORD 2008					
TIMETABLE					
11.30	Hammer	Boys			
11.45	Pole Vault	Boys			
12.30	Hammer	Girls			
13.00	High Jump	Boys			
13.00	Long Jump	Girls			
			13.20	3km Walk	Boys/Girls
13.30	Javelin	Girls			
13.45	Pole Vault	Girls			
			13.50	400m Hurdles	Boys
			14.05	300m Hurdles	Girls
			14.20	800m	Girls
14.30	Long Jump	Boys	14.30	800m	Boys
14.30	Javelin	Boys			
14.30	High Jump	Girls			
			14.40	100m	Girls
			14.45	100m	Boys
			14.55	300m	Girls
			15.05	400m	Boys
			15.15	1500m	Girls
			15.25	1500m	Boys
15.30	Triple Jump	Girls			
15.30	Shot	Boys			
15.30	Discus	Girls			
			15.35	100m Hurdles	Boys
			15.45	3000m	Boys
			16.00	80m Hurdles	Girls
			16.10	200m	Girls
			16.15	200m	Boys
			16.25	1500m S/Ch	Boys
16.30	Discus	Boys			
			16.35	3000m	Girls
16.45	Triple Jump	Boys			
16.45	Shot	Girls			
			16.50	4x100m Relay	Girls
			17.00	4x100m Relay	Boys
			17.15	4x300m Relay	Girls
			17.25	4x400m Relay	Boys