

This is a provisional timetable for entry purposes only, a final timetable will be published on Friday 1st July				
Track				
Event No	Time	Event	Age	Round
	10.00	2000m SC	Open / Masters Women	Final
	10.15	100m	Sen / U20 / Mas Men CE	CE
	10.20	100m	U17 Men CE	CE
	10.25	100m Hurdles	Sen Wom / Mas Wom	CE
	10.30	100m Hurdles	U20 / Mas Wom CE	CE
	10.35	80m Hurdles	U17 Women CE / Mas Wom	CE
	10.45	80m Hurdles	U15 Boys CE	CE
	10.50	100m	Masters Men / Women	Final
	11.20	75m Hurdles	U13 Boys CE	CE
	11.35	800m	Masters Men / Women	Final
	12.05	400m Hurdles	Masters Men / Women	Final
	12.15	200m	Masters Men / Women	Final
	12.45	3000m SC	Open / Master Men	Final
Lunch				
	13.45	400m	Masters Men / Women	Final
	14.10	1500m	Masters Men / Women	Final
	15.05	200m	Sen / U20 / Mas Wom CE	CE
	15.15	200m	U17 Women CE	CE
	15.30	800m	U15 Boys CE	CE
	15.45	400m	Sen / U20 Men CE	CE
	15.50	400m	Mas Men / U17 Men CE	CE
	16.00	800m	U13 Boys CE	CE
<p>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.</p> <p>Parallel Success athletes will be placed in appropriate heats according to their seed time.</p>				
FIELD				
Event No	Time	Event	Age	
	10.00	Shot Put	U15 Boys CE	
	10.00	High Jump	U13 Boys CE	
	10.00	Hammer	Masters Men / Wom / Para	
	10.50	Long Jump	Sen / U20 / U17 / Mas Men CE	
	11.05	High Jump	Sen / U20 / Mas Wom CE	
	11.30	Javelin	Masters Men / Women	
	11.50	High Jump	U17 Women CE	
	12.00	Shot Put	Sen / U20 / U17 / Mas M CE	
	12.40	Long Jump	Masters Men / Women / Para	
	12.50	Shot Put	U13 Boys CE	
	13.00	High Jump	U15 Boys CE	
	13.00	Discus	Masters Men / Women / Para	
	13.30	Shot Put	Sen / U20 / Mas Wom CE	
	14.00	Long Jump	U13 Boys CE	
	14.15	Discus	Masters Men M35-M70	
	14.15	High Jump	Sen /U20 / U17 / Mas Men CE Pool 2	
			Sen /U20 / U17 / Mas Men CE Pool 1	
	14.20	Shot Put	U17 Women CE	
	14.40	Long Jump	U15 Boys CE	
	15.00	Shot Put	Masters Women / M75+	
	15.30	High Jump	Masters Men / Women	
	15.45	Triple Jump	Masters Men / Women	
	16.00	Shot Put	Masters Men M35-M70 / Para	
Warm Up - Minimum 2 Attempts				
<p>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.</p> <p>Masters - Athletes achieving the Merit Standard will be granted a further 3 attempts (Max 8 athletes)</p> <p>Parallel Success athletes will be placed within the Masters Field Event programme and will be limited to 3 trials only.</p>				

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Track				
Event No	Time	Event	Age	Round
	10.00	110m Hurdles	Sen/U20/Mas Men CE	CE
	10.10	100m Hurdles	U17/Mas Men CE	CE
	10.15	Sprint Hurdles	Masters Men / Women	Final
	10.30	5000m	Masters Women	Final
	11.15	75m Hurdles	U15 Girls CE	CE
	11.40	70m Hurdles	U13 Girls CE	CE
	12.05	5000m	Masters Men Race A	Timed Final
Lunch				
	13.30	5000m	Masters Men Race B	Timed Final
	14.15	5000m	Masters Men Race C	Timed Final
	15.00	800m	U17 Women CE	CE
	15.10	800m	Sen/U20/Mas Women CE	CE
	16.15	800m	U13 Girls CE	CE
	16.25	800m	U15 Girls CE	CE
	16.45	1500m	U17 Men CE	CE
	17.00	1500m	Sen/U20/Mas Men CE	CE
FIELD				
Event No	Time	Event	Age	
	10.00	Long Jump	U15 Girls CE	
	10.00	High Jump	U13 Girls CE Pool 1	
			U13 Girls CE Pool 2	
	11.00	Long Jump	U17 Women CE	
	11.00	Discus	Sen/U20/U17/Mas Men CE	
	11.55	Long Jump	Sen/U20/Mas Wom CE	
	12.15	Pole Vault	Sen/U20/U17/Mas Men Pool 2	
	12.45	Shot Put	U15 Girls CE	
	12.45	Javelin	U17 Women CE	
	12.30	Long Jump	U13 Girls CE	
	13.45	Javelin	Sen/U20/Mas Wom CE	
	14.15	Pole Vault	Sen/U20/U17Mas Men Pool 1	
	14.30	Shot Put	U13 Girls CE	
	14.45	High Jump	U15 Girls CE Pool 2	
			U15 Girls CE Pool 1	
	15.15	Javelin	U17/Mas Men CE	
	16.00	Javelin	Sen/U20 Men CE	
Warm Up - Minimum 2 Attempts				
<p>Combined Events Athletes - The Start and Report time for subsequent events will be listed at the Assembly Area.</p> <p>Masters - Athletes achieving the Merit Standard will be granted a further 3 attempts (max 8 athletes)</p>				