

Timetable Division One and Two

TIME	TRACK	FIELD
11.15		Hammer (M)
11.45		Long Jump (W)
		Pole Vault (W)
12.20		Javelin (W)
12.30		Shot (M)
1.00	400m Hurdles (W)	Long Jump (M)
1.10	400m Hurdles (M)	
1.25	800m (W)	Hammer (W)
1.35	800m (M)	
1.45	200m (W)	High Jump (M)
1.55	200m (M)	
2.00	2000m/3000m S/C (M)	Triple Jump (W)
2.20	100m Hurdles (W)	Shot (W)
2.30	3000m (W)	Javelin (M)
		Pole Vault (M)
2.50	110m Hurdles (M)	
3.00	400m (W)	
3.10	400m (M)	
3.20	1500m (W)	
3.30	1500m (M)	High Jump (W)
3.35		Discus (W)
3.40	100m (W)	
3.50	100m (M)	Triple Jump (M)
4.00	100m (Non scoring)	
4.10/ 4.05	5000m/3000m (M)	
4.20	2k S/C (W) Non scoring	
4.30		Discus (M)
4.35/ 4.40	4 x 100m Relay (W)	
4.45/ 4.50	4 x 100m Relay (M)	
4.55/ 5.00	4 x 400m Relay (W)	
5.05/ 5.10	4 x 400m Relay (M)	

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

