***Timetable 12th November 2016***

***NB: This Timetable is provisional – timings are subject to change dependent on numbers***

**FIELD**

F1 11.00 Senior Men Shot

F2 11.00 Senior Women Shot

F3 11.00 Senior Men Triple Jump

F4 11.15 Pool 1 (mixed) Pole Vault   
**Pool 1 will be for athletes with PB’s up to 3.5m**

F5 11.45 U15 Boys Long Jump (pools will be allocated on PB’s)

F6 12.15 U15 Girls Shot

F7 12.15 Senior Women Triple Jump

F8 14.00 Under 15B Shot

F9 14.00 Under 15G Long Jump (pools will be allocated on PB’s)

F10 14.30 Pool 2 (Mixed) Pole Vault

**Pool 2 will be for athletes with PB’s over 3.5m**

**TRACK**

T1 10.45 Under 15 60 metres

T2 11.35 Senior 60 metres

T3 13.15 Under 15 1000 metres

T4 13.25 Senior 1000 metres

T5 13.45 Under 15 600 metres

T6 14.05 Senior 2000 metres

T7 14.30 Senior 150 metres